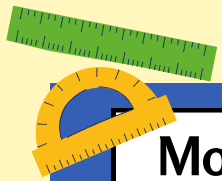


Welcome Back to School!

September 2024 Menu Highland Elementary School



Monday	Tuesday	Wednesday	Thursday	Friday
	3 Cheese Pizza (35) Corn (17) Carrots & Fruit (15)	4 Hot Dog (28) Broccoli & Celery Fruit (15)	5 Meatballs (4) and Gravy (4) Two Bread Slices (26) Mashed Potatoes (14) Carrots & Fruit (15)	6 Quesadilla Pizza (39) Fresh Vegetables Fruit (15)
9 Chicken Burger (32) Celery Carrots & Fruit (15)	10 Beef Taco with Cheese and Fixings (34) Refried Beans (10) Broccoli & Fruit (15)	11 Pepperoni Pizza (32) Corn (17) Cucumbers Fruit (15)	12 Corn Dog (30) Baked Beans (23) Carrots Fruit (15)	13 French Toast Sticks (60) Breakfast Syrup (28) Cheese Omelette Fresh Vegetables & Fruit (15)
16 Chicken Nuggets (15) Dinner Roll (14) Mashed Potatoes (14) & Gravy (4) Carrots & Fruit (15)	17 Hot Dog (28) Baked Beans (23) Broccoli Fruit (15)	18 Deli Sandwich (26) Celery & Red Peppers Fruit (15)	19 Cheeseburger on a Bun (28) Corn (17) Fresh Vegetables Fruit (15)	20 Italian Dunkers (30) Marinara Sauce (5) Fresh Vegetables Fruit (15)
23 Chicken Strips (22) Dinner Roll (14) Mashed Potatoes (14) & Gravy (4) Carrots & Fruit (15)	24 Beef Nachos (38) Mexican Rice (19) Shredded Lettuce Broccoli & Fruit (15)	25 Chicken Alfredo (60) Breadstick (17) Carrots & Cucumbers Fruit (15)	26 Mini Corn Dogs (30) Baked Beans (23) Fresh Vegetables Fruit (15)	27 Pancakes (20) Breakfast Sausage Patties Yogurt (15) Fresh Vegetables & Fruit (15)
30 Orange Chicken (16) Brown Rice (22) Dinner Roll (14) Carrots & Cucumbers Fruit (15)	1	2 	3	4



Entrée Alternative
 1st-5th Grades:
 WOWButter Sandwich (27) &
 String Cheese (1)
 4th & 5th Grade:
 Salad with Meat & Cheese (3)
 Bread Slice (14)
 Crackers (14)

Prices
 Students: FREE
 Adult Price: \$5.00
 Extra Milk: \$0.50
 Lactose Free Milk: \$1.00

Daily Milk Choices
 Plain Skim (13)
 Plain 1% (13)
 Chocolate Skim (20)
 Lactose Free (upon request)

Carbohydrate Count
 Numbers listed in parentheses
 () are the carbohydrate for that
 item in full.

Questions?
 Contact Emily Scheresky at
 emilyscheresky@isd593.org or
 218-281-5313 ext. 7

If you are not already approved for
 free or reduce-priced meals, please
 fill out an application. All
 applications received and
 processed before September 30,
 2024 will receive free activity
 passes for each child on application.
 Activity passes will not be given to
 those who are already approved by
 direct certification. Applications are
 available at linqconnect.com

Pricing

Student Breakfast & Lunch: FREE

Adult: \$5.00

Extra portions & a la carte items are available for additional costs.

The a la carte menu is available on our website.

Extra Milk - \$0.50 / Lactose-Free Milk - \$1.00

Free/Reduced Applications

Please fill out the Application for Educational Benefits. All completed applications returned by September 30th, 2024 will receive free activity passes for all Crookston students on the application. Students who are directly certified are not eligible this credit unless they physically fill out an application. You can fill out a paper copy or fill it out online at linqconnect.com. A new application must be filled out each year. Additional paper applications can be found on our website, or you can pick up from the school office. You can reapply at any time. All students will receive one free breakfast and one free lunch per school day regardless of application submission, but schools receive funding depending on the number of students who qualify for free and reduced school meals AND fill out the application or are directly certified.

Lunch Cards

The elementary schools will continue to use lunch cards with barcodes instead of lunch numbers. Students received a lunch card last year and should use it again to start the school year. New lunch cards will be distributed after school pictures are taken. If you lost or misplaced your lunch barcode card, please contact food services for a replacement.

Due to a large number of students forgetting, losing, and refusing to bring their lunch cards with them to eat at CHS, **Crookston High School will be changing to lunch numbers for the 24-25 school year.** Students will be given a laminated card with their name and lunch number on it that they can keep to remember their number. Their cards they receive after picture day will NOT work at the point of sale in the lunch line. Students will be responsible for remembering their lunch number and typing it on the keypad at the point of sale. If they do not remember their lunch number, students can ask the clerk at the point of sale or request a card from food services with their number on it.

Alternative Lunch Choice

Highland Elementary School offers a daily alternative of a WOWButter sandwich, crackers, and string cheese for any grade and salad with meat and cheese, crackers, and a bread slice for 4th and 5th grade students.

Linqconnect

Linqconnect allows you to add money to your child's account by debit or credit from home. You can also view your child's account balance, schedule automatic payments, receive low balance statements, view cafeteria purchases using the system, set limits on extra purchases, and fill out a free and reduced application. Please go to linqconnect.com to make an account. If you choose not to use this system, you or your student can pre-pay for meals via cash or check during the lunch hour or at any time in the food service office, located in Highland Elementary School.

Allergens/Intolerances

If your child is unable to eat certain food items due to allergies or intolerances, please contact the food service department directly prior to the beginning of school. Please note that it is required by federal regulations that all students needing a substitution for foods due to allergies/intolerances (with the exception of lactose) provide a written request from a licensed physician or recognized medical authority. Those forms can be found on the website. If you have already filled out an allergy/intolerance request in a previous school year, it is not necessary to fill out another form, as we keep this request on file. Please contact food services with any questions.

National School Lunch Guidelines

The National School Lunch Program (NSLP) and School Breakfast Program (SBP) have implemented new regulations that will continue to adjust until reaching its final goal date. We are happy to support the Healthy, Hunger-Free Kids Act of 2010 (HHFKA) which went into effect July 1, 2012. There are now regulations on all five food groups, calories, sodium, saturated fat, and trans-fat, which will help us provide your children with well-balanced, nutritious meals. It is required that each child chooses at least three components of every meal to be counted as a school breakfast or lunch, one component being at least ½ cup fruit or vegetables. Although a minimum of three items must be chosen, it is encouraged that every child enjoys all five components of the school lunch for overall health.

Questions?

Contact Food Service Director Emily Scheresky at emilyscheresky@isd593.org or 218-281-5313 ext. 7.

