

Crookston High School



March 2023

Updated 2/7/23

Served Daily Fresh fruits and vegetables, one carton of milk, and condiments are served with each entrée choice.	March 1	March 2	March 3
	WEDNESDAY	THURSDAY	FRIDAY
	Popcorn Chicken (15) Dinner Roll (14) Mashed Potatoes (16) Gravy (4)	Lasagna Roll-Ups (44) Breadstick (15) Green Beans	Italian Dunkers (30) Marinara Sauce (5) Spiced Pinto Beans (24)

March 6	March 7	March 8	March 9	March 10
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pork Carnita (5) on a Whole Grain Flatbread (28) Pico de Gallo	Bone-In Chicken Drumsticks (4) Brown Rice (22) Dinner Roll (14)	Meatballs (5) Two Bread Slices (28) Mashed Potatoes (16) Gravy (4)	Mac & Cheese (32) Breadstick (15) Baked Beans (23) Locally Grown Squash	Build Your Own Deli Sandwich (30) Soup

March 13	March 14	March 15	March 16	March 17
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
General Tso Chicken (16) Brown Rice (22) Dinner Roll (14) Steamed Broccoli	Beef Nachos (36) Mexican Rice (19) Refried Beans (10)	Chicken Strips (21) Dinner Roll (14) Mashed Potatoes (16) Gravy (4)	Pasta (38) Meat Sauce (9) Breadstick (15) Green Beans	Grilled Cheese (30) Tomato Soup (17) Spiced Pinto Beans (24)

March 20	March 21	March 22	March 23	March 24
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NO SCHOOL Teacher Workshop Day	Buffalo Chicken Bites (15) Dinner Roll (14) Baked Beans (23)	Two Chicken Fajitas (31) with Cheese & Fixings Mexican Rice (19)	BBQ Pulled Pork (44) Potato Fries (20) Locally Grown Squash	Brunch For Lunch French Toast Sticks (63) Two Sausage Patties

March 27	March 28	March 29	March 30	March 31
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Orange Chicken (19) Brown Rice (22) Dinner Roll (14) Steamed Broccoli	Two Beef Tacos (30) with Cheese & Fixings Refried Beans (10)	Popcorn Chicken (15) Dinner Roll (14) Mashed Potatoes (16) Gravy (4)	Pasta (38) Chicken Alfredo (20) Breadstick (15) Green Beans	Italian Dunkers (30) Marinara Sauce (5) Spiced Pinto Beans (24)

Daily Alternatives

Sandwich Line

Hamburger (30)
Breaded Chicken (44)
Plain Chicken (31)
Mondays: Black Bean Patty (43)

Tuesdays: Hot Dog (29)

Wednesdays: Mr. Rib (33)

Thursdays: Spicy Chicken (45)

Fridays: Fish Patty (43)

Pizza Line

Pizza of the Day (35-40)

Daily Milk Choices

Plain Skim & 1% (13)

Chocolate 1% (20)

Lactose-Free (13)

Prices

Student Price: \$2.95

Adult Price: \$4.95

Extra Entrée: \$3.50

Milk: \$0.50

Lactose-Free Milk: \$1.00

Carbohydrate Counts

Numbers listed in the
parentheses (#) are the CHO
count for that item in full

All menus are subject to change,
without notice, due to supply
chain, availability and delivery
challenges.

This institution is an equal
opportunity provider.

Crookston High School

April 2023

Updated 3/6/23

April 3	April 4	April 5	April 6	April 7
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sloppy Joe (36) Corn (17) Baked Beans (23)	Pork Carnita (5) on a Whole Grain Flatbread (28) Pico de Gallo	Mac & Cheese (32) Breadstick (15) Steamed Green Beans	Build Your Own Deli Sandwich (30) Soup	NO SCHOOL Spring Break

April 10	April 11	April 12	April 13	April 14
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NO SCHOOL Spring Break	General Tso Chicken (16) Brown Rice (22) Dinner Roll (14) Steamed Broccoli	Beef Nachos (36) Mexican Rice (19) Refried Beans (10)	Chicken Strips (21) Dinner Roll (14) Mashed Potatoes (16) Gravy (4)	Grilled Cheese (30) Tomato Soup (17) Spiced Pinto Beans (24)

April 17	April 18	April 19	April 20	April 21
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Tater Tot Hotdish (21) Two Bread Slices (26) Locally Grown Squash	Two Chicken Fajitas (31) with Cheese & Fixings Mexican Rice (19)	Chili & Cheese (29) Two Bread Slices (28) Steamed Green Beans	BBQ Pulled Pork (44) Potato Fries (20) Baked Beans (23)	Hot Ham & Cheese on a Bun (30) Corn

April 24	April 25	April 26	April 27	April 28
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Orange Chicken (19) Brown Rice (22) Dinner Roll (14) Steamed Broccoli	Two Beef Tacos (30) with Cheese & Fixings Refried Beans (10)	Popcorn Chicken (15) Dinner Roll (14) Mashed Potatoes (16) Gravy (4)	Pasta (38) Chicken Alfredo (20) Breadstick (15) Steamed Green Beans	Italian Dunkers (30) Marinara Sauce (5) Spiced Pinto Beans (24)



Served Daily
Fresh fruits and vegetables,
one carton of milk, and
condiments are served with
each entrée choice.

Daily Alternatives <u>Sandwich Line</u> Hamburger (30) Breaded Chicken (44) Plain Chicken (31) Mondays: Black Bean Patty (43) Tuesdays: Hot Dog (29) Wednesdays: Mr. Rib (33) Thursdays: Spicy Chicken (45) Fridays: Fish Patty (43) <u>Pizza Line</u> Pizza of the Day (35-40)
Daily Milk Choices Plain Skim & 1% (13) Chocolate 1% (20) Lactose-Free (13)
Prices Student Price: \$2.95 Adult Price: \$4.95 Extra Entrée: \$3.50 Milk: \$0.50 Lactose-Free Milk: \$1.00
Carbohydrate Counts Numbers listed in the parentheses (#) are the CHO count for that item in full
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Pricing

High School: Breakfast - \$1.70; Lunch - \$2.95

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 Sept. 30th, 2022 will receive a \$25 food service credit (students who are directly certified are not eligible for this credit). You can now fill it out online at family.titank12.com. A new application must be filled out each year. Additional paper applications can be found on our website or you can pick one up from the school office. You can reapply at any time. All students approved for free or reduced-price meals will receive one breakfast and lunch each day at no cost. Please note that extra portions and items, including extra milk, will be an additional charge.

Lunch Cards

We now 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.

Titan Family Portal

This program 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 family.titank12.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.

Alternative Lunch Choice

CHS offers a daily "Sandwich Line" and "Pizza of the Day" as alternative entrée choices to the main course. This is open to all students, grades 7-12.

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: Anna Ogaard-Brekken, Food Service Director
(p) 218-281-5313 x 7 (e) annaogaard@isd593.org

Crookston High School
Breakfast Menu
2022-2023

	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
Choose 1-2 Grain or Protein Items:	Breakfast Pizza (29) [2] Cereal (22-25) [1] Cereal Bar (37) [1] Yogurt (15) [1]	Cinnamon Waffle Bites (35) [2] Cereal (22-25) [1] Cereal Bar (37) [1] Yogurt (15) [1]	Iced Mini Donut (12) [1] Cereal (22-25) [1] Cereal Bar (37) [1] Yogurt (15) [1]	Breakfast Pizza (29) [2] Cereal (22-25) [1] Cereal Bar (37) [1] Yogurt (15) [1]	Mini Strawberry Cream Cheese Bagels (42) [2] Cereal (22-25) [1] Cereal Bar (37) [1] Yogurt (15) [1]
Choose 1-2 Fruits:	Fruit Juice (15) [1] Fruit Choice (15) [1]	Fruit Juice (15) [1] Fruit Choice (15) [1]	Fruit Juice (15) [1] Fruit Choice (15) [1]	Fruit Juice (15) [1] Fruit Choice (15) [1]	Fruit Juice (15) [1] Fruit Choice (15) [1]
Choose up to 1 Milk:	Milk (13-20) [1]	Milk (13-20) [1]	Milk (13-20) [1]	Milk (13-20) [1]	Milk (13-20) [1]

Breakfast Menu Information
<p>Menus are subject to change, without notice, due to availability and delivery challenges.</p> <p>Milk Choices: Plain Skim, Plain 1%, Chocolate 1%, or Lactose-Free (by request)</p> <p>All grain options are whole grain rich</p> <p>Carbohydrate counts are listed in the parentheses ()</p> <p>Numbers in the brackets [] are considered item equivalents. A student must take a minimum of 3 item equivalents at breakfast, with at least 1 item being a fruit or fruit juice, to meet federal requirements.</p> <p>A student can choose up to 5 items. Additional items will be charged out at ala carte pricing. Students cannot choose 2 of the same item.</p> <p>Questions or Concerns should be directed to Anna Ogaard-Brekken at annaogaard@isd593.org or 218-281-5313x7</p> <p>Cost - Full Pay Students: \$1.70 Free/Reduced-Price Students: FREE Adults: \$3.00</p> <p>This institution is an equal opportunity provider.</p>