

# Highland Elementary School

March 2023

Updated 2/7/23



March 6

March 7

March 1

March 2

March 3

WEDNESDAY	THURSDAY	FRIDAY
Chicken Nuggets (16) Dinner Roll (14) Mashed Potatoes (16) Gravy (4) Celery & Fruit (15)	Deli Sandwich (30) Crackers (15-20) Broccoli Carrots Fruit (15)	Italian Dunkers (32) Marinara Sauce (5) Corn (17) Fresh Vegetables Fruit (15)

March 8

March 9

March 10

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mr. Rib (4) on a Bun (28) Steamed Green Beans Cucumbers Fruit (15)	Hot Dog (1) on a Bun (28) Baked Beans (23) Carrots Fruit (15)	Meatballs (4) Bread Slice (14) Mashed Potatoes (16) Gravy (4) Carrots & Fruit (15)	Mac & Cheese (32) Breadstick (15) Broccoli Celery Fruit (15)	Pancakes (25) Yogurt (15) Hashbrown (15) Fresh Vegetables Fruit (15)

March 13

March 14

March 15

March 16

March 17

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mini Corn Dogs (30) Baked Beans (23) Carrots Fruit (15)	Beef Nachos (18) with Cheese & Fixings Mexican Rice (19) Tomatoes & Lettuce Fruit (15)	Chicken Strips (16) Dinner Roll (14) Mashed Potatoes (16) Gravy (4) Carrots & Fruit (15)	Lasagna Roll-Ups (22) Breadstick (15) Broccoli Cauliflower Fruit (15)	Grilled Cheese (30) Tomato Soup (17) Corn (17) Fresh Vegetables Fruit (15)

March 20

March 21

March 22

March 23

March 24

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>NO SCHOOL</b> Teacher Workshop	Cheeseburger (2) on a Bun (28) Baked Beans (23) Carrots Fruit (15)	Cheese Pizza (35) Cucumbers Steamed Green Beans Fruit (15)	Corn Dog (30) Potato Smiles (20) Broccoli Fruit (15)	French Toast Sticks (51) Cheese Omelet Sweet Potatoes (15) Fresh Vegetables Fruit (15)

March 27

March 28

March 29

March 30

March 31

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken Patty (16) on a Bun (28) Baked Beans (23) Carrots Fruit (15)	Beef Taco (22) with Cheese & Fixings Refried Beans (10) Lettuce & Tomatoes Fruit (15)	Chicken Nuggets (16) Dinner Roll (14) Mashed Potatoes (16) Gravy (4) Celery & Fruit (15)	Pepperoni Pizza (36) Broccoli Carrots Fruit (15)	Italian Dunkers (32) Marinara Sauce (5) Corn (17) Fresh Vegetables Fruit (15)

## Entrée Alternatives

### 1st - 6th grade

WOWButter Sandwich (27) & String Cheese (1) or Deli Sandwich (30)

### 5th & 6th grade

Entrée Salad (3) with Bread Slice (14) & Crackers (14)

## Prices

Free/Reduced: FREE  
Student Price: \$2.80  
Adult Price: \$4.95  
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)

## CHO 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.

## Questions? Contact:

Anna Ogaard-Brekken  
218-281-5313x7  
annaogaard@isd593.org

This institution is an equal opportunity provider.

# Highland Elementary School

April 2023

Updated 3/6/23

April 3	April 4	April 5	April 6	April 7
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Quesadilla Pizza (39) Cucumbers Corn (17) Fruit (15)	Hot Dog (1) on a Bun (28) Baked Beans (23) Carrots Fruit (15)	Mac & Cheese (32) Breadstick (15) Broccoli Carrots Fruit (15)	Deli Sandwich (30) Crackers (12-20) Steamed Green Beans Fresh Vegetables Fruit (15)	<b>NO SCHOOL</b> Spring Break
April 10	April 11	April 12	April 13	April 14
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>NO SCHOOL</b> Spring Break	Mini Corn Dogs (30) Baked Beans (23) Carrots Fruit (15)	Cheese Pizza (35) Broccoli Cauliflower Fruit (15)	Chicken Strips (16) Dinner Roll (14) Mashed Potatoes (16) Gravy (4) Carrots & Fruit (15)	Grilled Cheese (30) Tomato Soup (17) Corn (17) Fresh Vegetables Fruit (15)
April 17	April 18	April 19	April 20	April 21
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hamburger (2) on a Bun (28) Baked Beans (23) Carrots Fruit (15)	Chicken Fajita (22) with Cheese Mexican Rice (19) Tomatoes & Peppers Fruit (15)	Corn Dog (30) Potato Smiles (20) Broccoli Fruit (15)	BBQ Pulled Pork (36) Steamed Green Beans Cucumbers Fruit (15)	French Toast Sticks (51) Yogurt (15) Sweet Potatoes (15) Fresh Vegetables Fruit (15)
April 24	April 25	April 26	April 27	April 28
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken Patty (16) on a Bun (28) Baked Beans (23) Carrots Fruit (15)	Beef Taco (22) with Cheese & Fixings Refried Beans (10) Lettuce & Tomatoes Fruit (15)	Chicken Nuggets (16) Dinner Roll (14) Mashed Potatoes (16) Gravy (4) Celery & Fruit (15)	Pepperoni Pizza (36) Broccoli Carrots Fruit (15)	Italian Dunkers (32) Marinara Sauce (5) Corn (17) Fresh Vegetables Fruit (15)

## Entrée Alternatives

### 1st - 6th grade

WOWButter Sandwich  
(27) & String Cheese (1)  
or Deli Sandwich (30)

### 5th & 6th grade

Entrée Salad (3) with  
Bread Slice (14) &  
Crackers (14)

## Prices

Free/Reduced: FREE  
Student Price: \$2.80  
Adult Price: \$4.95  
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)

## CHO 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.

## Questions? Contact:

Anna Ogaard-Brekken  
218-281-5313x7  
annaogaard@isd593.org

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### **Pricing**

Elementary: Breakfast - \$1.55; Lunch - \$2.80  
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. 30<sup>th</sup>, 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 milks or getting a milk alone (without a hot lunch) will be an additional charge.

### **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.

### **Lunch Line Procedures/Barcode cards**

We now use lunch cards with barcodes instead of lunch numbers. Your student's teacher will distribute lunch cards each day before the lunch period. It is the student's responsibility to appropriately use their lunch card and return it after the lunch period ends. The student's teacher will have additional guidance on lunch procedures.

### **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.

**Come join your student for breakfast or lunch any day of the week!**  
Adult lunch cost is \$4.95.

### **Questions?**

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



# Breakfast in the Classroom (BIC) at Highland Elementary School

**What is BIC?** Instead of the traditional breakfast before school, Highland students will be able to eat breakfast in their classrooms after the bell.

**Why BIC?** Breakfast in the classroom will allow students to play and socialize prior to school rather than having to come in to eat. It will also allow more students the opportunity to eat breakfast as well as be used as valuable learning time.

**Will breakfast before school still be offered as well?** No, Breakfast in the Classroom replaces traditional breakfast offered prior to the start of school. Students will be encouraged to play with friends during that time.

**Will my student be charged?** All students that are full pay for lunch can eat breakfast for \$1.55 per meal. Any students that are approved for free/reduced priced lunches will receive breakfast for free. We encourage all families to fill out an application for free meals to see if you qualify.

**Does my student have to participate in BIC?** No, a student can take or deny BIC each day. If you do not want your student to participate at any point during the school year, please turn a written request to your classroom teacher that states your student is not allowed to eat breakfast at school. Please note that other students will still be eating at that time, so if you want to send a breakfast snack with your student to eat during breakfast time, you can.

**Will my student miss out on learning?** Not at all! Not only is eating together part of the learning experience, teachers will use the breakfast time to teach things like conversational skills, as well as math, science, and reading concepts.

**What if I have questions or concerns with BIC?** All questions and concerns regarding this program can be directed to Anna Ogaard-Brekken, Food Service Director, at [annaogaard@isd593.org](mailto:annaogaard@isd593.org) or 218-281-5313 x 7.

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
Oatmeal Rounds (38-39) [2]	Cereal (22-25) [1]	Cereal (22-25) [1]	Cereal (22-25) [1]	Banana Bread (28) [1]
	Pop-Tart (38) [1]	Crackers (19) [1]	Muffin (27-31) [1]	String Cheese (0) [1]
100% Fruit Juice [1]	100% Fruit Juice [1]	100% Fruit Juice [1]	100% Fruit Juice [1]	100% Fruit Juice [1]
½ c. Fruit (15) [1]	½ c. Fruit (15) [1]	½ c. Fruit (15) [1]	½ c. Fruit (15) [1]	½ c. Fruit (15) [1]
Milk (13) [1]	Milk (13) [1]	Milk (13) [1]	Milk (13) [1]	Milk (13) [1]

## Breakfast Menu Information

- Menus are subject to change, without notice, due to availability and delivery challenges
  - Milk choices: Plain Skim, Plain 1%, or Lactose-Free (*by request*)
    - All grain options are whole grain choices.
    - Carbohydrate Counts are listed in the parentheses ()
- Items in the brackets [ ] are considered the item equivalents. A student must take 3 item equivalents at breakfast, with at least 1 being a fruit or a fruit juice.
- Special diet requests can be made with approval. Please contact Anna at [annaogaard@isd593.org](mailto:annaogaard@isd593.org)
  - Cost – Full Pay Students: \$1.55 | Free/Reduced-Price Students: FREE
    - This institution is an equal opportunity provider.