

Welcome Back to School!

September 2023 Menu Crookston High School



Monday	Tuesday	Wednesday	Thursday	Friday
Each lunch is served with fresh fruits and vegetables, one carton of milk, and condiments along with the daily entrée.				1
4 	5 Mac & Cheese (32) Breadstick (17) Baked Beans (30)	6 Chef Salad Wraps (24)	7 Chili (32) with Cheese Corn Bread (11) Goldfish (14)	8 Pancakes (20) Eggs Yogurt Cup (15)
11 Orange Chicken (19) Brown Rice (17) Dinner Roll (14)	12 Beef Taco with Cheese and Fixings (34) Spanish Rice (19) Refried Beans (10)	13 Pepperoni Pizza (32)	14 Meatballs (4) and Gravy (4) Two Bread Slices (26) Corn (17)	15 Italian Dunkers (30) Marinara Sauce (5) Spiced Pinto Beans (24)
18 Chicken Strips (22) Dinner Roll (14) Mashed Potatoes (14)	19 Pulled Pork Sandwich (46) Baked Beans (23)	20 Pasta (38) & Meat Sauce (9) Breadstick (17)	21 Tater Tot Hotdish (21) Two Bread Slices (26)	22 Brunch for Lunch! French Toast Sticks (60) Cheese Omelet
25 General Tso Chicken (16) Brown Rice (22) Dinner Roll (14)	26 Beef Nachos (38) Spanish Rice (19) Refried Beans (10)	27 Chicken Alfredo (60) Breadstick (17)	28 Turkey and Gravy (4) Two Bread Slices (26) Corn (17)	29 Grilled Cheese (30) Tomato Soup (17) Spiced Pinto Beans (24)

Entrée Alternatives

Daily:

- Hamburger (29)
- Breaded Chicken Sandwich (44)
- Plain Chicken Sandwich (30)
- Monday:** Mr. Rib (35)
- Tuesday:** Cheese Pizza (41)
- Wednesday:** Hot Dog (28)
- Thursday:** Spicy Chicken Patty (46)
- Friday:** Fish Sandwich (50)

Prices

- Students: FREE
- 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)

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, 2023 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



This Institution is an Equal Opportunity Provider

All Menus are subject to change without notice due to supply chain, availability, and delivery changes.



Pricing

Student Breakfast & Lunch: FREE

Adult: \$3.00 Breakfast and \$4.95 Lunch

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, 2023 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

We 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.

Linq Connect

Linq Connet 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.

Alternative Lunch Choice

CHS offers a daily "Sandwich Line" as an alternative entrée choice to the main course. This is open to all students, grades 6-12.

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





Crookston High School Breakfast Menu



2023-2024 School Year

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Week One	Monday	Tuesday	Wednesday	Thursday	Friday
<i>Choose 1-2 Grain or Protein Items</i>	Banana Bread (28) [1] Cereal (22-25) [1] Cereal Bar (37) [1] Yogurt (15) [1] Egg [1]	Cinnamon Waffle Bites (35) [1] Cereal (22-25) [1] Cereal Bar (37) [1] Yogurt (15) [1] Egg [1]	Breakfast Pizza (26) [1] Cereal (22-25) [1] Cereal Bar (37) [1] Yogurt (15) [1] Egg [1]	Cinnamon Donuts (12-15) [1] Cereal (22-25) [1] Cereal Bar (37) [1] Yogurt (15) [1] Egg [1]	Mini Strawberry Cream Cheese Bagels (42) [1] Cereal (22-25) [1] Cereal Bar (37) [1] Yogurt (15) [1] Egg [1]
<i>Choose 1-2 Fruits</i>	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]
<i>Choose up to 1 Milk</i>	Chocolate Skim Plain 1% Plain Skim (13-20) [1]	Chocolate Skim Plain 1% Plain Skim (13-20) [1]	Chocolate Skim Plain 1% Plain Skim (13-20) [1]	Chocolate Skim Plain 1% Plain Skim (13-20) [1]	Chocolate Skim Plain 1% Plain Skim (13-20) [1]
Week Two	Monday	Tuesday	Wednesday	Thursday	Friday
<i>Choose 1-2 Grain or Protein Items</i>	Pumpkin Bread (44) [1] Cereal (22-25) [1] Cereal Bar (37) [1] Yogurt (15) [1] Egg [1]	Muffin (30) [1] Cereal (22-25) [1] Cereal Bar (37) [1] Yogurt (15) [1] Egg [1]	Breakfast Corn Dog (17) [1] Cereal (22-25) [1] Cereal Bar (37) [1] Yogurt (15) [1] Egg [1]	Granola (20) [1] Cereal (22-25) [1] Cereal Bar (37) [1] Yogurt (15) [1] Egg [1]	Cinnamon Cream Cheese Bagels (42) [1] Cereal (22-25) [1] Cereal Bar (37) [1] Yogurt (15) [1] Egg [1]
<i>Choose 1-2 Fruits</i>	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]
<i>Choose up to 1 Milk</i>	Chocolate Skim Plain 1% Plain Skim (13-20) [1]	Chocolate Skim Plain 1% Plain Skim (13-20) [1]	Chocolate Skim Plain 1% Plain Skim (13-20) [1]	Chocolate Skim Plain 1% Plain Skim (13-20) [1]	Chocolate Skim Plain 1% Plain Skim (13-20) [1]

Menus are subject to change without notice due to availability and delivery changes. Lactose-free milk is available upon request. All grain options are whole grain rich. Carbohydrate counts are listed in parenthesis. Brackets [1] 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. A student can choose up to 5 items. Additional items will be charged out as a la carte pricing. Students cannot choose 2 of the same item. Questions or concerns should be directed to Emily Scheresky at emilyscheresky@isd593.org or 218-281-5313 ext. 7. Cost of adult breakfast is \$3.00.