

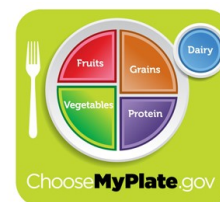


News from Student Nutrition

www.rcsmn.org

**SCHOOL MEALS
FEED THE BODY
FEED THE MIND**

Welcome Back to School! We are excited to prepare and feed your student's lunch this year. We will continue to serve "Offer versus Serve" where we offer meat, grain product, vegetable, fruit, and milk. The children take at least 3 of those 5 items. One of the 3 items selected will have to be at least ½ cup of fruit or vegetable. Vegetables will include offering weekly requirements for dark green, red/orange, beans/pea (Legumes), starch, and "other" vegetables. Grains (breads, pasta, etc.) that are served will be whole grain. Fat free and low-fat milk will continue to be served. Meat/Meat Alternative is the last component offered. We offer free second helpings of fruit and vegetables if students are still hungry after finishing their meal.



Thank you to all the parents who volunteer in the lunchroom!! The Student Nutrition Staff and your children enjoy it when you come and volunteer. If you would like to volunteer in the lunchroom please contact: Cathy Sell at hslunchroomvolunteers@gmail.com



Substitute employment opportunities available in Food Service.
Hours are 10:00-1:30. No experience needed. Contact Terrie Brandt.

Lactose reduced milk available upon written request.

Develop good food & physical activity choices

- * Eat a variety of foods.
- * Eat more fruits, vegetables, and grain.
- * Eat lower fat foods more often.
- * Eat more calcium rich foods.
- * Be physically active.

2020-2021 Lunch Prices

Student Lunch \$3.05
Adult Lunch \$4.05
Milk \$.50



Lunch Includes:

Main Entrée,
Fruit, Vegetable, Bread, and ½ pint Milk Selection.

Parents may put a block on a la carte items.
Available upon written request.



Students who eat a nutritious breakfast and lunch feel better and preform better.

Holy Spirit's Policy for negative Lunch balance:

Students are allowed to charge five (5) meals. Once five meals (-\$15.25) have been charged to a student's account they will be provided with a cheese sandwich and milk until payment is received. They will not be allowed to purchase any A la Carte items if the account is a negative balance.

Will I be notified when my account balance is low?

Once a week notices are sent home by email when the balance is \$10.00 or less. With Infinite Campus, parents may access your school lunch account at any time using your User ID and password. For IC User ID and password contact Julie Degen, Holy Spirit Technology Specialist (jdegen@rcsmn.org). Please make check Payable to Holy Spirit Lunch. Include your family ID number and child(ren)'s names.

Holy Spirit's policy for NSF checks:

You will be advised by letter of the NSF check. The service charge from the bank will be added to the NSF debt. Holy Spirit will accept cash only for all NSF checks. If the debt is not paid in full within 5 days, the student's lunch account will be closed until the balance is paid in full. If not resolved, the debt will be turned over to a collection agency and the collection agency fee will be added to the NSF amount.

Applications for Educational Benefits—Free or Reduced Meals

Applications for Free or Reduced Priced School Meals are available and can be filled out any time throughout the school year, found at [https://www.rcsmn.org/uploaded/2020-](https://www.rcsmn.org/uploaded/2020-21)

[21 Application for Educational Benefits Packet - RCS.pdf](#) . Children can get free or reduced price school meals if the total household income is within the limits shown in the letter that is with the Application for Educational Benefits. Children in households receiving MFIP, SNAP and FDPIR benefits and foster children can get free meals regardless of income. Contact Student Nutrition for more information.