



ON BEHALF OF THE NUTRITIONAL SERVICES TEAM, WELCOME NORTHWOOD-KENSETT STUDENTS, STAFF, PARENTS, AND VISITORS! WE ARE EXCITED TO CONTINUE TO OFFER A VARIETY OF NUTRITIOUS AND FLAVORFUL LUNCH AND BREAKFAST ENTREES, MANY FRUIT AND VEGETABLE CHOICES, AND PLEASANT SERVING AND DINING ENVIRONMENTS.

We consider students, staff, parents, and members of the community our customers, and your satisfaction and participation is key to the success of the school district's nutrition program.

HERE'S A QUICK OVERVIEW about School Meals and Snacks

Ms./Sr. High school meals use the Offer vs Serve meal style. From the complete meals prepared each day, students are allowed to choose foods items that they prefer and would be more likely to eat. Along with the main entrée meal, the Ms./Sr. High School will offer additional fresh salad greens, fruits, and vegetables choices at the lunch serving line. A variety of food items offered in one convenient place will be available in which to select a reimbursable meal (consider picking up a copy of the "Understanding a Reimbursable Meal" flyer). A la carte "Smart Snack" foods and beverages will also be available for additional purchase.

Elementary school meals also use the Offer vs Serve meal style. Again, students are allowed to choose foods items that they prefer and would be more likely to eat. Along with the main entrée each day, an "alternate" entrée will be available for students consisting of whole grain cereal, cheese stick (or yogurt or cottage cheese), fruit, vegetable(s), and milk. These are all choices a student can choose from to create a reimbursable meal. The Elementary is also a peanut aware school meaning that nothing containing **PEANUTS** will be served at the Elementary. Nutritional Services staff will assist all students as needed in their food selections.

COMPREHENSIVE MENU PLANNING AND FOOD VARIETY:

- A 5-week cycle menu has been created in which no entrée will be repeated within that time frame. This offers greater variety with the goal of increasing participation and satisfaction.
- A variety of fruits and vegetables are available daily to encourage consumption of nutritious foods, and to expose students to new foods and flavors through out the school year.
- A "Flavor Station" will be available daily. Students will have access to different combinations of herbs and spices to add amazing flavor to meals, while not adding to their sodium intake.
- Ms./Sr. High School only: A la carte Smart Snack foods and beverages are available in addition to the daily required meal components and items offered to students. Students purchase these snacks and beverages as extras if they desire.
 - The Healthy Hunger-Free Kids Act of 2010 requires Smart Snack foods and beverages to meet specific nutritional guidelines. Due to updated guidelines, effective July 1, 2016, some a la carte Smart Snacks/drinks qualify for only specific grades to purchase. For example, sports drinks (such as G2 and Propel) may only be sold to 9th – 12th grades. These a la carte purchases will be monitored by the Nutritional Services staff.



SCHOOL MEALS ARE A GREAT VALUE and convenience for all families

School meal costs for the 2024-2025 school year are as follows:

BREAKFAST	
Student K-12	\$1.50
Staff	\$2.05
General Public	\$2.05
Extra Milk	\$0.45

LUNCH	
Student K-5	\$2.65
Student 6-12	\$2.75
Staff/Public	\$4.85
Extra Main Dish	\$1.60
Extra Milk	\$0.45

All meals, snacks, and beverage items can be purchased via a student’s individual meal account. A la carte items are individually priced.

Please visit the Northwood-Kensett website for complete monthly menus at:

<http://www.nwood-kensett.k12.ia.us>

YOU CAN BE ASSURED STUDENTS ARE RECEIVING THE NUTRITION THAT IS RECOMMENDED BY THE DIETRARY GUIDELINES FOR AMERICANS FOR THEIR AGE GROUP.

To reinforce this, an assigned Iowa Department of Education state consultant reviews schools every three years ensuring:

- Daily and weekly nutritional guidelines are met for each age group
- Each student is served equitably
- Proper planning, preparation, serving, and proper safety guidelines are adhered to for each meal service
- Mandatory yearly self-monitoring by school administrators takes place

There is Salad Bar at the MS/HS for all students on the serving line every day (protein is extra).

The Nutritional Services team strives to continue to offer healthy and flavorful choices, and as customers, your feedback is welcome. If you have questions or comments, please feel free to e-mail the Director of Nutritional Services:

Amy Hennigar

Director of Nutritional Services, Northwood-Kensett CSD

ahennigar@nkvikings.com