

Lomira School District

Jenny Verburgt
Food Service Nutritional Director
920-269-4396 ext:118

Jane Stratz
Food Service Accounts Coordinator
920-269-4396 ext:156

PLEASE NOTE... our food service program is based on a debit system. Accounts must have a positive balance for students to make food purchases. If an account falls into the negative, purchases may not be allowed until a deposit is made.

For Free and Reduced please note... you may purchase a meal at any line in the High school and Middle school at any line which includes MILK.

Any ala carte purchases and cold lunch require money in your child's account. (EX: MILK and any extras and snacks)

Please see our website at for in district@lomira.k12.wi.us information on our program, menus, harvest of the month and a lot more.

Menu is subject to change without notice. This institution is an equal opportunity provider.

Breakfast Prices	
High School	\$ 1.65
Middle school	\$ 1.65
Elementary School	\$ 1.55
Reduced	\$.30
Adult	\$ 1.85

Lunch Prices	
High School	\$ 2.35
Middle school	\$ 2.35
Elementary School	\$ 2.10
Reduced	\$.40
Adult	\$ 3.15

Available Daily
Varieties of Fruits and Vegetables offered on all lines daily
Specialty Salad to Go
PB&J Grab Bag
Salad Bar extra portions will be charged accordingly
Breakfast will include: Milk, Fruit Cup

All Extra's will be charged accordingly

SEPTEMBER 2017				
4	5	6	7	8
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
No School	Frudel Bar or Cereal Bowl	Hot Cinnamon Rolls Or Cereal Bowl	Chocolate Chip Pancakes Or Cereal Bowl	Yogurt & Muffin Or Cereal Bowl
Main Entree'	Main Entree'	Main Entree'	Main Entree'	Main Entree'
	Chicken Tenders Mashed Potatoes & Gravy Corn & Strawberries	Burger Bar French Fries Baked Beans & Peaches	Crispy Chicken Patty Sweet Chili Fries Fresh Veggies & Pears	Build your own Breakfast Sandwich Tri Tators and Veggie Juice Baked Apples and Juice cup
A' la carte	A' la carte	A' la carte	A' la carte	A' la carte
	Pepperoni Pizza Salad Bar	Turkey Cheese Pretzel Salad Bar	Pork Egg Roll Fried Rice Bowl & Asian Vegetables	Garlic Cheese Bread Salad Bar
Specialty Salad	Specialty Salad	Specialty Salad	Specialty Salad	Specialty Salad
	Chef Salad OR Chicken Caesar Wrap	Caesar Salad OR Pulled Pork Wrap	Taco Salad Or Turkey Club Wrap	Veggie Salad OR Tuna Salad Wrap
11	12	13	14	15
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Bagel & Cream Cheese Or Cereal Bowl	Oatmeal Bar Or Cereal Bowl	English Muffin With PB&J Or Cereal Bowl	French Toast Sticks Or Cereal Bowl	Yogurt & Muffin Or Cereal Bowl
Main Entree'	Main Entree'	Main Entree'	Main Entree'	Main Entree'
Pepperoni or Cheese Pizza Green Beans & Salad Applesauce	Nacho Grande with Cheese Tomato, Lettuce, Jalapeno, Refried Beans, Chips, Pineapple	Brat or Burger Sliders Bar French Fries Baked Beans & Peaches	Lemon Pepper Or BBQ Chicken French Fries Fresh Veggies & Pears	Pancakes and Sausage Deli Roasted Potatoes & Veggie Baked Apples & Juice Cup
A' la carte	A' la carte	A' la carte	A' la carte	A' la carte
Mashed Potato Bar And Salad Bar	Scalloped Potatoes and Ham and Salad Bar	Italian Meat Sauce & Pasta Salad Bar	Pepperoni Calzone And Salad Bar	Fish and Chips Basket Salad Bar
Specialty Salad	Specialty Salad	Specialty Salad	Specialty Salad	Specialty Salad
Chicken Chipotle Or Mac Burger Wrap	Chef Salad Or Chicken Caesar Wrap	Chef Salad Or Chicken Caesar Wrap	Taco Salad Or Ham Wrap	Veggie Salad or Egg Salad Wrap

SEPTEMBER 2017

18	19	20	21	22
<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>
Bagel & Cream Cheese Or Cereal Bowl	Frudel Or Cereal Bowl	Hot Cinnamon Rolls Or Cereal Bowl	Chocolate Chip Pancakes Or Cereal Bowl	Yogurt & Muffin Or Cereal Bowl
<u>Main Entree'</u>	<u>Main Entree'</u>	<u>Main Entree'</u>	<u>Main Entree'</u>	<u>Main Entree'</u>
Chicago Hot Dog Bar French Fries & Fresh Veggies Bananas	Chicken Tenders Mashed Potatoes Corn & Strawberries	BBQ Rib Sandwich French Fries & Baked Beans Peaches	Sub Sandwich & Chips Coleslaw & Fresh Melon	Breakfast Burrito Egg, Sausage, Cheese Deli Roasters Baked Apples and Juice
<u>A' la carte</u>	<u>A' la carte</u>	<u>A' la carte</u>	<u>A' la carte</u>	<u>A' la carte</u>
Mashed Potato Bar And Salad Bar	Big Daddy Cheeseburger Pizza Salad Bar	Lasagna Roll-up	Cheese Calzone a And Salad Bar	Mozzarella Stick And Salad Bar
<u>Specialty Salad</u>	<u>Specialty Salad</u>	<u>Specialty Salad</u>	<u>Specialty Salad</u>	<u>Specialty Salad</u>
Chicken Chipotle Or Mac Burger Wrap	Chef Salad Or Chicken Caesar Wrap	Chef Salad Or Chicken Caesar Wrap	Taco Salad Or Turkey Club Wrap	Veggie Salad Or Tuna on Croissant <i>First Day of Fall</i>
25	26	27	28	29
<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>
Bagel & Cream Cheese Or Cereal Bowl	Oatmeal Bar Or Cereal Bowl	English Muffin With PB&J Or Cereal Bowl	French Toast Sticks Or Cereal Bowl	Yogurt & Muffin Or Cereal Bowl
<u>Main Entree'</u>	<u>Main Entree'</u>	<u>Main Entree'</u>	<u>Main Entree'</u>	<u>Main Entree'</u>
Personal Pan Pizza Carrots & Peas & Salad Apple Sauce Cups	Taco Bar 2 soft shells, Lettuce, Shredded Cheese, Diced Tomatoes, Spanish Rice, Pineapple & Mandarin Oranges	Pasta Day Chicken Alfredo or Italian Meat Sauce Salad and Green Beans Peaches	Corndog's Fries Wedges & Carrots and Cucu Oranges	French Toast Sausages, Tri Tators Baked Apples & Juice
<u>A' la carte</u>	<u>A' la carte</u>	<u>A' la carte</u>	<u>A' la carte</u>	<u>A' la carte</u>
Mashed Potato Bar And salad Bar	Big Daddy Buffalo Pizza	Homemade Southwest Chimichanga	Asian Beef Noodle Bowl	Bosco Sticks and Chili Salad Bar
<u>Specialty Salad</u>	<u>Specialty Salad</u>	<u>Specialty Salad</u>	<u>Specialty Salad</u>	<u>Specialty Salad</u>
Chicken Chipotle Or Mac Burger Wrap	Chef Salad Or Chicken Caesar Wrap	Caesar Salad Or Pulled Pork Wrap	Taco Salad Or Ham Wrap	Veggie Salad Or Egg Salad on Croissant
<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>
<u>Main Entree'</u>	<u>Main Entree'</u>	<u>Main Entree'</u>	<u>Main Entree'</u>	<u>Main Entree'</u>
<u>A' la carte</u>	<u>A' la carte</u>	<u>A' la carte</u>	<u>A' la carte</u>	<u>A' la carte</u>
<u>Specialty Salad</u>	<u>Specialty Salad</u>	<u>Specialty Salad</u>	<u>Specialty Salad</u>	<u>Specialty Salad</u>

Food & Nutrition

Food Service Information

<u>Jennifer Verburgt</u> <i>Director</i>	920-269-4396 ext 118	Office hours: 7 am to 3 pm
<u>Jane Stratz</u> <i>Food Service Accounts Coordinator</i>	920-269-4396 ext 156	Office hours: 7:30 to 1:15

please scroll down and click on any underlined link to see all information available

Menus-What's for Lunch?

Thank you for supporting our Food and Nutrition program this school year.

Healthy Eating Information

What is "**MyPlate**"? Visit www.choosemyplate.gov to learn more. New dietary guidelines have been released for 2015-2016. Find more information at health.gov link.

What's New?

We offer fresh, local produce in recipes and side options throughout the school year. Please watch for these delicious new additions to our menus.

Visit eatright.org for lots of nutrition information for all life styles.

General Mills is making big changes. 75% of cereals no longer contain artificial colors, artificial flavors and no high fructose corn syrup. Check out the [General Mills blog](#) for more information.

School Nutrition Program Information

- feeding kids is what we love to do -

Lomira Food & Nutrition information:

Visit usda.gov to learn more about the national school lunch program

Special Dietary Needs of Students

Dietary Needs and Restrictions... this completed documentation is required to be on file with the district for dietary substitutions as diagnosed by a physician.

Students with Milk Allergy or Lactose Intolerance... students must have this form completed and on file for milk substitution needs.

Free and Reduced Price Lunch Program

please contact Jane at 920-269-4396 ext 156

with any questions regarding this confidential program

PLEASE NOTE: If you received a **NOTICE OF DIRECT CERTIFICATION** from us for free meals, do not complete an **application**. Your family may be Directly Certified for automatic free lunch benefits for the 2017-18 school-year based on Food Share benefits. Please watch for a NOTICE OF DIRECT CERTIFICATION in the mail. **Do** let us know if any children in your household are not listed on the NOTICE OF DIRECT CERTIFICATION letter you receive.

2017-18 Parent Letter and the **Free and Reduced Price Lunch instructions and application**....you may print, complete and return this application to Lomira Food and Nutrition Dept at 1030 Fourth Street Lomira WI 53048

2017-18 Registration Fee Waiver Form. When your Free and Reduced Price Lunch Application has been approved for the current school year, you have the option to have your student matriculation fees waived. Click **HERE** for the waiver form. Please mail the completed waiver form to Lomira School District Office, Lomira , WI 53048.

The *Wisconsin Department of Health Services* offers online resources for families who may need extra support through nutrition and other benefit programs such as Food Share, Badger Care, Medicaid and Senior Care.

Visit www.access.wisconsin.gov to learn more.

A healthy start keeps you smart!

**USDA Nondiscrimination Statement Update for the
Food and Nutrition Service (FNS) nutritional assistance programs**

Revised 7/18/2017

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov