

## Free & Reduced Meal Applications

- ◆ A new application is required each school year.
- ◆ Only one application is required per household.
- ◆ You may pick up an application from any school office.

## Life-Threatening Food Allergies & Food Intolerances



Child Nutrition will provide substitutions or modifications in school meals for children whose disabilities restrict their diet. A child with a disability will be provided substitutions when that need is supported by a written medical statement or a dietary form with a physician's signature. The medical statement must include:

- A description of the child's physical or mental impairment,
  - An explanation of what must be done to accommodate the child's disability, and
  - The food or foods to be omitted and recommended alternatives.
  - **The medical statement and/or dietary prescription form must be signed by a State licensed healthcare professional.**
- ◆ A Dietary Prescription form can be obtained from the CN webpage of the District website.

## 2018-2019 Meal Prices

	Breakfast	Lunch
<b>Marcus Whitman</b>	<b>\$1.25</b>	<b>\$2.00</b>
<b>Tieton Intermediate</b>	<b>\$1.25</b>	<b>\$2.25</b>
<b>Junior High/High School</b>	<b>\$1.25</b>	<b>\$2.25</b>
<b>Adult Meal</b>	<b>\$3.00</b>	<b>\$4.00</b>



### CHILD NUTRITION

CN Office 17000 Summitview Rd, Cowiche, WA  
 CN Phone (509) 678-8780

#### GOAL:

*Highland Child Nutrition strives to provide nutritious, quality meals that promote healthful, life-long eating habits enabling students to attain their highest level of achievement.*

- ◆ More than 1100 students participate in the lunch and breakfast program each day.
- ◆ Highland Child nutrition provides about 71,000 breakfast meals and over 1,097,000 lunch meals annually.



## THE GREATEST WEALTH IS HEALTH

- ◆ Meals served under the National School Lunch Program must meet nutrition standards established by the USDA.
- ◆ Marcus Whitman Breakfast (K-3): Students are served the entrée, 100% fruit juice, whole or canned fruit, and fat free milk.
- ◆ Marcus Whitman Lunch (K-3): Students are served the entrée, fat free milk options, a variety of fruits and vegetables.
- ◆ Tieton Intermediate School Breakfast & Lunch (4-6): Students are served the entrée, & have a choice of fruit, vegetables and fat free milk.
- ◆ Jr/Sr High (7-12): Students are offered the choice of the hot entrée, with its choice of fruits & vegetables or a self-serve bar that includes a variety of fruits and vegetables, and fat free milk options
- ◆ **Please keep in mind with the NSLP program the student is only obligated to take 3 items for a reimbursable meal. This is for TIS, Jr & Sr High.**

## EVERY SCHOOL LUNCH INCLUDES FIVE GREAT CHOICES

- ◆ MILK – fat free plain or chocolate milk
- ◆ VEGETABLES – at least 2-3 options daily. Monthly menu includes more than 50% fresh vegetables.
- ◆ FRUITS – at least 2 options daily. Monthly menu includes over 50% fresh fruit.
- ◆ GRAINS – all items are whole-grain rich including breads, pasta, rice, and even pizza crust.
- ◆ MEAT/MEAT ALTERNATIVE – includes white meat chicken, lean beef and pork items, and low fat cheeses.



## SCHOOL BREAKFAST ENSURES A NUTRITIOUS START DAILY

- ◆ Breakfast is served daily.
- ◆ School breakfast supplies  $\frac{1}{4}$  of the recommended daily allowances a student needs.
- ◆ Eating breakfast improves students' classroom performance, test scores, and grades.

## MEAL CHARGE POLICY

The district recognizes that on occasion, parents forget to deposit school meal money into their student's account. To ensure students do not go hungry, but also to promote responsibility and minimize the fiscal burden of the Child Nutrition department, the following procedures will be enforced.

- ◆ All students will be allowed to charge reimbursable breakfast and/or lunch meals to their school lunch account. Charges will not be allowed for non-student meals, second meals, extra entrée, a la carte purchases, and milk.
- ◆ Low balance notifications will be made to parents or guardians through, mailed statements, robot calls and automatic balance alert emails at regular intervals.
- ◆ All communications regarding unpaid meal debt will be directed to parents or guardians with phone calls, emails, or letters sent home.
- ◆ Any outstanding balances at the end of the year will be added to the student's fees and fines list.

## WHAT'S FOR LUNCH?

Menus are posted in each school cafeteria as well as on the Highland School District #203 website ( [www.highland.wednet.edu](http://www.highland.wednet.edu) ) Child Nutrition.

## PREPAYMENT OPTIONS

The prepayment option is a convenient way to ensure students have a nutritious meal every school day.

- ◆ Pay Online: make online payments at our District Web Page [www.highland.wednet.edu](http://www.highland.wednet.edu) then to the prompt
  - <https://wa-highland.intouchrecepting.com> .
- ◆ Pay in Person: stop by your students school office between 7:45 am and 1:00 pm, Monday through Friday to pay with cash or check. Please bring exact amount, offices will not be able to give change.

Note: cash or check is not accepted on the lunch line to speed up the serving lines to ensure students have time to eat.



The Highland School District does not discriminate in any programs or activities on the basis of sex, race, creed, religion, color, national origin, age, veteran or military status, sexual orientation, gender expression or identity, disability, or the use of a trained dog guide or service animal and provides equal access to the Boy Scouts and other designated youth groups. The following employee has been designated to handle questions and complaints of alleged discrimination: Title IX Coordinator and Compliance Coordinator (RCW 28A.640/28A.642): Brandon Jensen, Highland Sr High School Principal, 17000 Summitview, Cowiche WA 98923, 509-678-8800, [bjensen@highland.wednet.edu](mailto:bjensen@highland.wednet.edu). Section 504/ADA coordinator: Mindy Schultz, Marcus Whitman Cowiche Elementary School Principal, 1181 Thompson Rd, Cowiche, WA 98923, 509-678-8900, [mshultz@highland.wednet.edu](mailto:mshultz@highland.wednet.edu). Harassment, Intimidation, Bullying (HIB) Coordinator: Don Strother, Highland Jr High Principal, 17000 Summitview Rd, Cowiche, WA 98923, 509-678-8800, [dstrother@highland.wednet.edu](mailto:dstrother@highland.wednet.edu). The Highland School District will also take steps to assure that national origin persons who lack English language skills can participate in all education programs, services and activities. For information regarding translation services or transitional bilingual education programs, contact Ana Garcia, Student Services Secretary.