



UPDATE ON SCHOOL BREAKFAST & LUNCH



De Smet School District is part of the Dakota 4 Shared Services Group, which includes the following schools: De Smet, Iroquois, Marion and Viborg-Hurley. This group allows our schools to **work cooperatively in providing quality meals for our students**. The group is facilitated through Ed Assist, LLC and the Brandon Valley School District to provide access to a registered dietician, assistance with menu planning, purchasing power, and training opportunities for staff.

De Smet School meals are healthy! To receive USDA federal reimbursements for each meal they serve, school meal programs must offer “reimbursable” meals that meet strict federal nutrition standards, aligned with the *Dietary Guidelines for Americans*. These standards, also referred to as “the meal pattern”, require schools to offer students the right balance of fruits, vegetables, low-fat or fat-free milk, whole grains and lean protein. This program makes school meals affordable for families.

De Smet School remains committed to providing healthy and affordable school meals for all. School meals are provided to get students through the academic school day. If your child participates in after school activities, please send an after school snack for them. Parents are encouraged to join their child for lunch, just call ahead and let us know you will be eating.

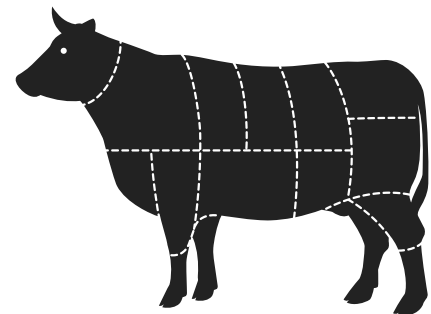


UNLIMITED GARDEN BAR!

at no additional charge with the purchase of a lunch meal!



Thanks to generous donors, De Smet School District serves LOCAL BEEF with their school meals!



MEAL PRICES

Breakfast: K-5 \$1.45, 6-12 \$1.60, Reduced \$0.30, Adult/Guest \$2.60

Lunch: K-5 \$3.20, 6-12 \$3.45, Reduced \$0.40, Adult/Guest \$5.00

A la Carte: Second Entrees: \$1.35, Extra Milk/Juice; \$0.40

NOW ACCEPTING ONLINE PAYMENTS FOR SCHOOL MEALS THROUGH THE INFINITE CAMPUS PARENT PORTAL WEBSITE OR APP!

OFFER VS. SERVE

WHAT DOES IT MEAN? Students may choose food items from five food categories: vegetables, fruits, grains, milk/milk alternative and meat/meat alternative. Keep in mind that some entrees count as two items. **Students must take at least one serving (1/2 cup) of fruit OR a vegetable to make a complete USDA required meal at breakfast and lunch.****

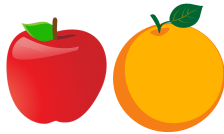
BREAKFAST

**STUDENTS MUST CHOOSE 3 OR 4 ITEMS
TO MAKE A REIMBURSABLE BREAKFAST MEAL.**



Must take ONE or TWO
grain items (depending
on size of the item)

May take up to
TWO half-cup
fruit choices**



May take a cup of milk (8 oz)

LUNCH

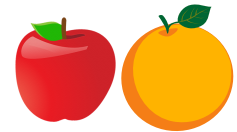
**STUDENTS MUST CHOOSE 3, 4 OR 5 ITEMS
TO MAKE A REIMBURSABLE LUNCH MEAL.**

May take ONE 2oz
grain item (most
entrees are 2 oz)



May take up to ONE 2oz
protein item (most
entree items are 2oz)

May take up to
TWO half-cup
fruit choices**



May take up to TWO
half -cup vegetable
choices**



May take a cup of milk (8 oz)

A LA CARTE OPTIONS

A selection of a la carte items, including “seconds” are available for students. These foods are offered in addition to the complete school breakfast and lunch, and are charged separately from the breakfast and lunch price. Students who bring their lunch from home are allowed to purchase milk.

Parents, please discuss with your child if you will allow them to take the a la carte items. This is a family decision on whether to allow a la carte. Students must have a positive balance in their meal account to purchase a la carte items.

A la carte items are analyzed for calories, total fat, saturated fat, trans fat, sodium, sugar, and portion size.
Additional a la carte options coming soon!



SPECIAL THANKS TO OUR COOKS!

Samone, Nita, Ralene & Teresa