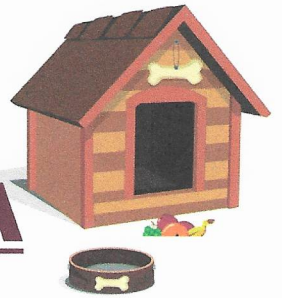




WELCOME TO THE BULLDOG'S CAFETERIA



Beef to School Thanks to generous donors and the Kingsbury County Cattlemen's Association, we are able to serve local beef with select meals. To learn more or to donate towards this amazing program contact Blake Hojer or Cassi Johnson, school business manager.

Use your manners Stay in a straight line, **no eating in line**, no budging or pushing, say please and thank you, speak clearly and use your indoor voice.

Lunch ladies Meet your new lunch ladies!

Left to Right in Photo:

Kay Martin, Samone Grubb & Ariel Brumfield



Learning We offer the Fresh Fruit and Vegetable Snack Program (FFVP) for preschool through middle school. This program gives students a way to learn and try a variety of fresh fruits and veggies, while providing a healthy afternoon snack.

Dakota 15 is a group we joined along with many surrounding schools such as Arlington, Lake Preston and Iroquois. This program allows us access to Child Nutritionists who help plan breakfast and lunch menus that comply with state and federal guidelines for school breakfast and lunch, along with many other benefits.

Offer v.s. Serve OVS is for students in 2nd grade -12 which allows students to choose 3 or more food components during lunch and K-12 for Breakfast. Pre-K through 1st grade are automatically given all five food groups including the hot veggie and designated fruit for the day.

Garden Bar Otherwise known as salad bar, offers a variety of **fruits** and **veggies** daily for grades 2-12. This year we will provide options for simple salads, such as shredded carrots and diced tomatoes. There will also be items specifically for the hot entree of the day, such as sliced tomatoes and onions for hamburgers.

Serving size Students are required to take 1/2 cup fruit or veggie. Visuals for what 1/2 cup of **fruit** or **veggies** should look like are posted on the garden bar. Keep in mind if you take more than one veggie such as carrots and celery you'd only need 1/4 cup each to equal 1/2 cup. You do need 1 cup of lettuce to equal 1/2 cup veggie if that is all you take. Please try to stick to the 1/2c. serving size per item every time you visit the salad bar. Students may visit the salad bar for fruit and veggie choices as many times as they wish.

Cost Breakfast: K-12 \$1.60, Reduced \$.30, Adult \$2.90
Lunch: K-5 \$3.30, 6-12 \$3.55, Reduced \$.40, Adult \$5.15
Second Entree: \$1.50 Second Milk: \$.50 A La Cart Garden Bar Boat: \$1.50

Allergies If your child has any food allergies we need to be aware of please fill out the form for their safety and so we can make the necessary accommodations. New forms MUST be submitted every year!

Farm to School This year we are excited to be partnering with Haroldson Farms out of Bruce, SD to offer local farm fresh fruits and veggies for our garden bar and FFVP (pending availability)

Energy Keep in mind food is energy so if you are concerned about meal cost please fill out a form to see if your family qualifies for free or reduced meals.

Try new foods With new cooks and some new menu items we encourage students to at least try these new foods! This year we are offering two entree options, the daily hot menu entree and a bagel bag option.

Eating times Breakfast is served from 7:45am-8:10am for all students. Lunch is served from 11:25am-12:39pm with each grade eating at designated times. Adults and guests eating please let us know by 9:00am so we can plan food accordingly.

Reimbursable meals All student meals are considered Reimbursable Meals which means all meals must meet USDA requirements. Some of these requirements are stated in the OVS above and the "what does/doesn't qualify as meal" section.

Information If you are ever wanting more information on anything please reach out. Open communication is important to us.

A La Cart This year we are offering an a la cart garden bar boat option for M.S., H.S. and adults. This stand alone option is great for students who bring a sandwich from home but still wish to get a small salad, veggies or fruit.

What does/doesn't qualify as a meal?

NEEDED: At LEAST 3 Components with 1 being 1/2 Fruit or Veggie

1/2c. Fruit + 1/2c. Veggie + Milk
(This counts since you have 3 food components. However, you'll notice you need a full 1/2c. serving size of both fruit and veggie to count as a meal.)
*Great option for some vegetarians! Could also grab plain bun, dinner roll, garlic bread/toast or rice if available that day.

Protein + Grain + Milk
(This doesn't count, while you have 3 food groups you still need 1/2c. fruit or veggie)
1/4c. Veggie + Protein + Grain
(This doesn't count as you'd still need another 1/4c. veggie or 1/4c. fruit with it)