

# 2020-2021 Germantown Hills District #69 Food Service

Dear Parents/Guardians:

Welcome back to a new school year!

The Germantown Hills Food Service Staff is looking forward to serving your children nutritious, great-tasting meals that support their achievements in school and promote healthy lifestyles. We strive to provide outstanding service and good quality meals that meet Federal & State Requirements. This year will be different regarding Covid-19, but we are committed to doing our best for your children.

I am always available for questions or concerns and we look forward to seeing the students on the first day of school!

## Meet our Cafeteria Staff:

Tammie Penney AFSD  
Fay Bachman  
Mel High  
Ivonne Navaez  
Alesia Combs  
Cheryl Schertz  
Jamie Gens  
Pete Thatcher  
Kaileigh Benson

Kim Kiesewetter

Food Service Director  
kiesewetterk@ghills69.com

## You might ask, how healthy is school lunch?

**The answer to this is ...very healthy!**

- In 2010 the "Healthy Hunger Free Kids Act" was released that applies to the National School Breakfast Program-NSBP and the National School Lunch Program-NSLP
- All meals (breakfast and lunch) are based on a meal pattern. Each meal depending on age group must contain a certain number of calories, fat, sodium, fruit, vegetable (dark green, red/orange, beans/pea/legumes, starchy, and other categories, grains, meat/meat alternates (alternates include items such as cheese and yogurts), and fluid milk.
- All juice served is 100% fruit juice with no added sugar.
- All plain milk served is 1% and flavored milk is fat free.
- All grain products are whole grain rich which means all grains offered need to contain 51% or more whole grain product.
- All items are oven baked, we do not fry anything.

## What is a Student Meal?

### Due to Covid Guidelines:

OVS (offer vs serve) will not be an option this school year for students. All students will receive a complete meal of everything that is on the menu for that day. **Our salad bars will be closed as well.**

Hopefully, when the students can start utilizing the cafeteria lines, we will serve pre-packed items on salad bar.

We are taking every precaution to make sure everything is sanitized and clean. All trays and utensils will be disposable to start out the year.

\* Lunch - Lunch includes a meat/meat alternative, bread/grain, fruit, vegetable

<u>School Meal Prices</u>	
<u>Lunch</u>	
Reduced	\$.40
Paid	\$2.75
Adult Lunch	\$3.00
Milk	.30
Extra entrée	\$1.25

## How Do I Pay for School Meals?

Options for food purchases include cash or check or cc online. If you are paying by check, make checks out to GHMS. Place it in an envelope with your child's full name and grade on it please and send to appropriate office. Payments can be made online via RevTrac through our lunch menu page.

Parents/Guardians may access lunch menus on school website. Note there could be changes due to stock availability. They will be noted in yellow.

**Please note:** The parent can add limits to a child's account such as, "lunch only" or "no extra's, etc." Every child can eat lunch, unless we have a note on their account that says otherwise. **Please call Kim Kiesewetter (309) 383-2121 ext. 395** if you have any questions regarding this.

**BIRTHDAYS:** Please tell your child to tell the teacher in the morning if it's their birthday or if it was over a weekend. Summer birthdays are celebrated in May. Students will get a special treat on their birthdays.

## Free & Reduced

- EACH school year a new application MUST be submitted (1 per household family) even if your child was receiving free or reduced meals the last school year.
- You must complete a new application before OCTOBER 2, 2020. If you have not returned a new application by that date, your child will be moved from last year's status and put as a paid status for the new school year and will have to pay full price for meals until a new application is submitted and approved.
- If you accrue a negative balance and then qualify for free/reduced,

## LUNCHROOM CHANGES PARENTS PLEASE GO OVER THIS WITH YOUR STUDENTS

Middle School 5<sup>th</sup>-8<sup>th</sup>  
There will be NO A la Carte items to start the year. Your child can order a double entrée' in the morning for \$1.25 extra.

ALTERNATIVE OPTION will be PRE-MADE SALADS or WRAPS available daily starting

## October for 5-8 only

These above choices you CAN'T DO BOTH. Salads and wraps will come with fruit, veggie & milk. The alternative is charged as a hot lunch.

ELEMENTARY SCHOOL  
There will be NO 2nd choice.

All grades will be eating in the classroom.

## ALLERGY NOTE:

We have designated certain classrooms "NUT FREE". We ask that if your child is assigned to a "NUT FREE" room that they adhere to this policy, and do not bring anything containing peanuts or tree nuts. This is a common allergen and being in the classroom, we have no way of separating with enough distance for our students with allergies. Even traces of the allergen can cause an anaphylactic reaction which can be life-threatening. Thanks in advance for your understanding on this important student safety issue.