



# Fond du Lac School District

## Food Services Newsletter

### September 2023



## What's New in the Rosenow Elementary Cafeteria?

Welcome back to school. We are excited and honored to be your new cafeteria team and your partners in child nutrition. Over the next few weeks, we look forward to meeting you, introducing you to your new Fond du Lac School District executive chef, and sharing how much we enjoy *serving up happy and healthy* with nutritious meals and fun activities.



### Online Menus Are Available

Fond du Lac School District's breakfast and lunch menus are now online, allowing families to:

- ✓ Review nutrition facts for every menu item
- ✓ Filter for common food allergens
- ✓ Rate favorite menu items
- ✓ Plan ahead to be sure not to miss favorite meals

Visit: <https://fonddulac.nutrislice.com> or scan the QR code at the right. You can also download the Nutrislice app from the app store today!



Menu



Each month, you'll be introduced to a new Discovery Kitchen theme, featuring nutrition lessons, hands-on events and culinary demonstrations.

September's theme is "Power Up" with lots of great recipes for Rosenow Tigers to fuel their day on the field, on the court, or in the classroom!

## We Want Your Feedback!

Our goal is to continuously improve food service and provide meals kids love to eat. **By Sept 15<sup>th</sup>**, please use the QR codes below to take the appropriate survey.



Parents  
Grades 1-5



Staff

### Important Back to School To-Do's:

**Pre-pay For Meals Online**  
Load meal funds to Skyward

**Free & Reduced Meal Application**  
Every family should complete a new application

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chartwells  
serving up happy & healthy

# Lots to Love about School Lunch!



## Healthy, Balanced, Safe Meals



We oversee\* what goes on the plate so you don't have to!

- ☑ Tastes great
- ☑ Limited sodium
- ☑ Lots of delicious fruits, veggies, and chilled low-fat milk

Additionally, school kitchens always meet or exceed state guidelines for safe food, including keeping hot food hot and cold food cold until it's served. With plenty of warm, filling options there's no need for your child to wait at the microwave to heat their packed lunch.

*\*by following USDA NSLP Guidelines*

## Power of Choice



With multiple daily options for entrees and sides, kids have the power to choose what they want to eat every day!

## Take Back Your Time



Add up the time you spend planning meals, grocery shopping, prepping and packing lunches, and cleaning the lunch box. You can put more time back in your day by leaving meals to us.

## Compare Costs



Compare the cost of soaring grocery store prices on standard lunch items and fresh produce to the cost of the school lunch. Add in any costs for baggies, cutlery, icepacks and lunchboxes. You may be surprised at which option provides the best value!

## Less Waste



We all know kids can be picky. Buying lunch means they get to choose what they want to eat each day rather than throwing away any unwanted food packed in their lunch.

## No-Stress Payment



Gone are the days when your child has to carry cash to purchase school lunch. Being able to load their account ahead of time gives you one less thing to think about each day.

## Try Something New!



Packed lunches often consist of the same rotation of foods. School lunch gives your child the opportunity to try different foods every day.

Our team of chefs and dietitians are constantly developing new recipes that keep up with trends (and are kid-approved)!