



# Fond du Lac School District

## Food Services Newsletter

### September 2023



## What's New in the Chegwin 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

North 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://fionddulac.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 Chegwin Comets 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 Info:

#### Meals are Free!

All students qualify for one free breakfast and lunch every school day

#### Free & Reduced Meal Application

Complete an app for additional district benefits

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chartwells  
serving up happy & healthy

# Lots to Love about FREE School Lunch!



For the upcoming 2023-24 school year, our district is participating in the Community Eligibility Program (CEP), serving meals to students at no cost and without the need for families to complete meal applications. This means students will have the opportunity to enjoy breakfast and lunch for free throughout the academic year.

## 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.

## Less Waste



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

## Better for Kids



Research shows that kids who eat school meals are more attentive in class, have better attendance, and may have fewer disciplinary problems.

## 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)!