

# THE MONTHLY FEED - SEPTEMBER 2023

jamie.nicholson@lincoln.k12.or.us  
sara.gibson@lincoln.k12.or.us  
patty.graves@lincoln.k12.or.us

## NUTRITION SERVICES

Lincoln County School District  
School Meals • Gardens • Food Pantry

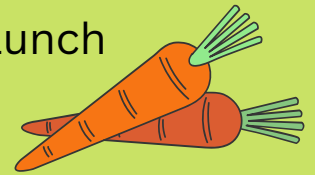


## WELCOME BACK EDITION

The Nutrition Services Team has been making improvements across the district this summer. Watch for more scratch cooking, expanded meal options, flavor stations, and bulked up salad bars this year.

Meals will continue to be FREE to ALL students under the Community Eligibility Provision (CEP) for both Breakfast and Lunch.  
No application needed.

Adult or Second Meal Prices  
\$3.00 for Breakfast  
\$5.00 for Lunch



## LCSD FOOD PANTRY

The LCSD Food Pantry, affectionately named the Compass Cupboard, supports LCSD families outside of the school day, because hunger does not end at the bell.

If your family is experiencing food insecurities, please contact your school office for more information.

## MEAL ACCOMODATIONS

**Does your student have a food allergy?**

We can accommodate! Call our office to help you with the process.

**Has your child chosen an alternative diet such as eating Vegetarian?**

We have a variety of items available each day to support our students too!



# WHAT'S GROWING ON?

-LCSD SCHOOL GARDENS-



We are in the process of starting gardens across the District. If your school is lucky enough to already have a garden, you will see items grown by students served in the lunch line. Yummy!

Not only does the garden feed our students, it teaches valuable lessons in sustainable, environmental friendly food sourcing.



## SCHOOL WELLNESS

Nutrition Services plays an active roll in ensuring the products given to students during the day are healthy and meet the Oregon Smart Snack Guidelines. We want you to still celebrate fun events, but please ensure items you are bringing to share meet the Oregon Smart Snack Guidelines.

Want to be part of an amazing team?  
Go to [us.sodexo.com](http://us.sodexo.com) or call (541) 336-2156.



@lcsdschoolgardens



@Lincoln County Oregon School Gardens

## FRESH FRUIT AND VEGETABLE PROGRAM (FFVP)



The Fresh Fruit and Vegetable Program (FFVP) is an important tool in our effort to combat childhood obesity. The program has been successful in introducing elementary school children (K-8) to a variety of produce that they otherwise might not have the opportunity to sample. Ask your child what they had for snack today.

Check out our webpage for more Smart Snack ideas!



### Some alternatives to school party snacks:

- Fancy pencils, erasers, stickers, or other non-food items
- Fresh Fruit or Vegetables
- Fruit cups in 100% Fruit Juice
- Motts Mixed Berry Fruit Snacks
- Pirate Booty, White Cheddar .75OZ
- Chewy Choc Chip Granola Bars
- NutriGrain Bars (Apple, Raspberry or Blueberry)
- Whole Grain Cheez-IT, .75 OZ