

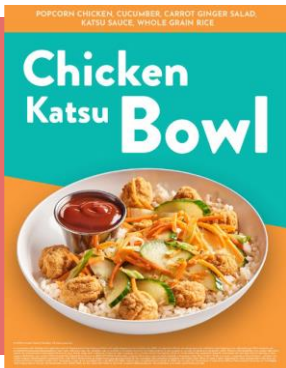
## Start the Year Strong



## Welcome Back!!!

We are excited for the 2024-25 school year. This year we have some exciting new entrees including chicken katsu bowl, cheesy chorizo enchilada bake, and more.

Students, have you tried our burgers? Made from 100% beef, these are a can't miss item.



### Try Septembers LTO: Chicken Katsu Bowl Coming September 18th

Enjoy this tasty entrée with popcorn chicken, rice, and a delicious cucumber, carrot, ginger salad.



\*Breakfast in the classroom bag

### Breakfast Remains Free

Elementary locations are continuing with breakfast in the classroom while middle and high school locations are located in the cafeteria.

A free reimbursable breakfast includes 1 serving of fruit or vegetable and 2 full servings from either a protein, grain, or milk.

We are proud to say we offer a wide variety of fresh fruits and vegetables locally sourced from AJ Produce in Sheboygan. Fruits and vegetables are high in vitamins and minerals which help keep us healthy and strong.

Everyday students are offered at least 4 different fruits and vegetables.

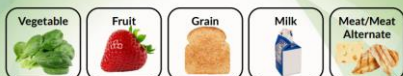
## Just a Reminder



### Fork Farms- Did you know?

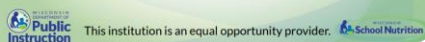
Each school in the district has a fork farm. If you don't know a fork farm is a hydroponic garden which we use to grow lettuce. We can grow around 25lbs of lettuce in 4 weeks. Since we offer a variety of salads each day, this is a great way to ensure our lettuce is clean and fresh.

### The 5 Food Components for Lunch



Choose at least 3 components  
(including ½ cup fruit and/or vegetable)

For a nutritious meal, choose all 5!



### What is a Reimbursable Lunch Meal?

A reimbursable meal is composed of 3 of the 5 food components, one of those items selected **MUST** be a fruit or vegetable.

The 5 food components are protein, grain, vegetable, fruit, and milk.

A reimbursable meal cost between **\$2.30** and **\$3.75** depending on grade level and entree selected.

## Why should students select a reimbursable meal?

- A reimbursable meal is a way to ensure children are making good choices during lunch. Since they **MUST** chose a fruit or vegetable (can choose both), this ensures they are consuming are **balanced meal** from all food groups.
- A reimbursable meal is **cheaper** to purchase than buying each item individually, think of it as a meal deal
- Our menu's crafted by Aramark dieticians eliminates trans fat and sodium and includes whole grain rich items.
- Did you know that students who purchase a lunch at school are more likely to consume milk, fruit, and vegetables than those who brought a lunch from home.

