

Breakfast and lunch are served daily to all students. When school buses are running late or if a child is sent down with a pass from a staff member, breakfast time will be extended to accommodate the student's needs.

The school district provides students with access to a variety of affordable, nutritious, and appealing foods that meet the USDA Dietary Guidelines for Americans.

Money for meals may be deposited into the family/student account at any of the schools. Students may also pay for their meals daily. In the elementary school, if students do not have money for meals, they may charge their meal. We expect parents/guardians to pay these charges when notified. We will not deny a meal to any elementary student. The junior high and high school students may charge up to five meals. If the meal charges have not been paid by these students, notices will be sent to the parent/guardians for payment. If a junior high or high school student has charged five meals and they have not been paid, they will be offered a peanut butter sandwich, an apple and milk for their lunch. Junior high and high schools students with a negative balance will not be allowed to charge any a la carte items.

Food Allergies

If parents have a concern regarding their child food allergies, please contact the Health Office. It is imperative that we have this information prior to your child beginning school for the year.

When a physician's assessment reveals that food allergies may result in severe, life threatening reactions (anaphylactic reaction), the student is considered to have a disabling condition and substitutions, prescribed by the physician, will be provided. Substitutions will be made on a case-by-case basis when supported by a statement signed by a recognized medical authority. In Minnesota, recognized medical authorities include physicians, physician's assistants, certified nurse practitioners and registered dietitians. The information received by the school from the medical authority needs to include:

- An explanation of why the disabling condition restricts the student's diet.
- The major life activity affected by the disabling condition.
- The food or foods to be omitted from the student's diet, and the food or choice of foods that must be substituted.

The statement does not have to be renewed each year as long as there are no changes.

Many students with food allergies, food intolerances or obesity are not considered to be persons with disabling conditions as defined above. Each case will be handled on an individual basis depending upon the medical authority support.

Due to the rapid increase in nut and nut oil/product allergies, peanut butter and other nut products are not served on the elementary breakfast and lunch menus. When parents send snack and/or lunch food items to school, please try to stay away from products that contain peanut butter and/or nuts.

Students with Lactose Intolerance: State law (Minnesota Statutes 124D.114) requires a Sponsoring Authority of school meal programs to provide one alternative for a student with lactose intolerance if the parent and/or doctor has requested an alternative in writing. The forms may be picked up in the Superintendent's Office or the Health Office. The school will not make any other substitutions, such as juice, to lactose intolerant students.