

Northside Elementary Milk Break Program 2022-2023

Milk is such an important part of our student's healthy eating that the Northside Elementary School (K-5) offers a milk break to all students. Parents can pay for milk break twice per year or for the whole year. This is offered at a discounted price to make it more affordable for all families. The cost is as follows:

Milk Break costs: \$40.00 twice per year per student or \$80 per year per student

Kindergarten students have an opportunity for two milk breaks.

One is paid for by the State of Minnesota, the other is paid for by the parents.

Northside Elementary School Healthy Snack Program

Our Healthy Snack Program started with a SHIP Grant that we received in April, 2010. The purpose of the program is to encourage students to eat healthier options as much as possible. It has been shown that a child who is offered a variety of fruits and vegetables at a young age, tends to consume more as they grow up. As adults, they tend to lead healthier lives. This works well with the USDA Guidelines and our students have responded by eating almost 50% more of fruits and vegetables during lunch. The snacks may include fresh fruit (oranges, apples, grapes), fresh vegetables (carrots, broccoli, celery, cucumbers, peppers, tomatoes) and ranch dip may be added. Other items offered are cheese sticks, yogurt, salsa/chips, sunflower seeds, and many other items. We do follow special diet and allergy requests.

We designed this program to cover the minimal costs so that families pay the least amount possible. This program is not mandatory, but we encourage parents to try this program to help their child have the best future possible by teaching them to eat healthy.

Snack Break costs: \$50 twice per year per student or \$100 per year per student

Neither programs are covered under the Free /Reduced Lunch Program but are paid for by the parents. Thank you for participating in these programs!

Connie Evenson, Food Service Director

Please fill out this form and return it with payment to the Food Service Department. Thank you!

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, religious creed, disability, age, political beliefs, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at:

http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov. This institution is an equal opportunity

Provider.

2022-2023 Milk Break & Healthy Snack Programs Payment for Northside Elementary

Parents /Family Name _____

Student Name _____ Grade _____ Teacher _____

- Milk Semester (\$40.00) _____ Year (\$80) _____
- Healthy Snack Program Semester (\$50) _____ Year(\$100) _____
- Both Milk & Snack Program Semester (\$90.00) _____ Year(\$180) _____

Student Name _____ Grade _____ Teacher _____

- Milk Semester (\$40.00) _____ Year (\$80) _____
- Healthy Snack Program Semester (\$50) _____ Year(\$100) _____
- Both Milk & Snack Program Semester (\$90.00) _____ Year(\$180) _____

Student Name _____ Grade _____ Teacher _____

- Milk Semester (\$40.00) _____ Year (\$80) _____
- Healthy Snack Program Semester (\$50) _____ Year(\$100) _____
- Both Milk & Snack Program Semester (\$90.00) _____ Year(\$180) _____

Student Name _____ Grade _____ Teacher _____

- Milk Semester (\$40.00) _____ Year (\$80) _____
- Healthy Snack Program Semester (\$50) _____ Year(\$100) _____
- Both Milk & Snack Program Semester (\$90.00) _____ Year(\$180) _____

Student Name _____ Grade _____ Teacher _____

- Milk Semester (\$40.00) _____ Year (\$80) _____
- Healthy Snack Program Semester (\$50) _____ Year(\$100) _____
- Both Milk & Snack Program Semester (\$90.00) _____ Year(\$180) _____

Please return this sheet to the Food Service Dept. to enroll in this program.

You may pay for this online through our JMC Online Payment System or attachment payment to this form.

Thank you!

Please check ✓ one:

Payment Attached _____ Online Payment Made _____