

## News from the Nutrition Department

Welcome Back! We are looking forward to seeing your students each day and providing them with tasty nutritious meals! Some news from our department:

**IMPORTANT!** If your student has a food or milk allergy please contact Nutrition Director Rachel Cerny at [rcerny@highlandhuskies.org](mailto:rcerny@highlandhuskies.org) or District Nurse Cindy Peiffer at [cpeiffer@highlandhuskies.org](mailto:cpeiffer@highlandhuskies.org) as soon as possible, even if you have filled out the Diet Modification Form in the past. You can also leave a message for either Rachel or Cindy at 319-648-2891. In order to stay in compliance with state and federal regulations there is a Diet Modification Form that must be completed and returned to the Nutrition Department before we can offer any food or milk modifications to students.

We will be utilizing Health-e Pro software this year for menu planning. Parents and students will be able to access menus and nutritional information on a smartphone, through their app, or on a regular computer/tablet through a link on Highland's website.

I was able to get some new recipes this summer at various trainings I attended so we will be offering some new entrees this year. Please encourage your students to let kitchen staff know what they think of them. Even a thumbs up or a thumbs down when they bring their tray back will help us determine whether to keep these entrees or not. As always, students or parents can always email with feedback or questions.

As you have probably already heard, when the 2021-2022 school year ended, so did free meals for every student. Families will need to carry a positive balance in their family's lunch account beginning this fall. The following steps you can take to help prepare for the upcoming year.

- 1. Complete An Application for Free and Reduced Meals TODAY!** Income guidelines have changed so we encourage all families to fill out and submit an application even if you have not qualified in the past. The 2022-2023 application is available on the District's website under the resources tab. Assistance with the application or to obtain a printed copy may be requested by contacting Donna DeWolf at [ddewolf@highlandhuskies.org](mailto:ddewolf@highlandhuskies.org) or 319-648-2891.
- 2. Budget for the Cost of School Meals and A la Carte Items.** Meal Prices are as follows:  
Breakfast: (K-5) \$2.00 (6-12) \$2.10 (Reduced K-12) \$0.30  
Lunch: (K-5) \$3.00 (6-12) \$3.10 (Reduced K-12) \$0.40  
Please note ala carte items such as Preschool & Kindergarten snack milk, a second milk at lunch or one to go with a lunch brought from home, snack cart items (MS & HS only), second entree servings (MS & HS only) are not covered by the free/reduced program and require a positive account balance to purchase.  
Ala Carte Milk Prices are as follows:  
Skim \$0.45 Whole \$0.50 Lactose Free \$1.00 Soy Milk \$1.00
- 3. Pay Off Negative School Meal Balances.** If your family has a negative meal account balance, we encourage you to pay that as soon as possible and then begin depositing money into your family's account to prepare for the 2022-2023 school year.
- 4. Breakfast / Ala Carte Items.** If you do not wish for your student to eat breakfast at school or purchase ala carte items please contact Donna DeWolf to place a block on your student's account, otherwise they will be allowed to purchase these items as long as they have a positive balance. A \$ amount limit can also be placed on your student's account by contacting Donna.

For any other questions regarding the Nutrition Program, please contact Rachel Cerny, Director, at [rcerny@highlandhuskies.org](mailto:rcerny@highlandhuskies.org) or 319-648-2891.

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