



SOUTH KITSAP SCHOOL DISTRICT FOOD & NUTRITION SERVICES

FOOD FACTS

- ◆ **All Meals Include:** unlimited **Garden Bar** and choice of nonfat or low-fat white milk, nonfat chocolate milk, and a variety of 100% fruit juices
- ◆ **Garden Bar Includes:** dark leafy greens, garbanzo beans (MWF), black beans (T/Thurs), carrots, broccoli, cauliflower, canned fruit, sliced apples, whole apples and oranges, and seasonal fruit
- ◆ **All Pizzas** are 100% whole grain and have low-fat cheese and pepperoni
- ◆ **Our Burgers** are made with 100% beef and are prepared on a whole grain bun. They have less than 10% saturated fat and 0 trans fats
- ◆ **Fruits and Veggies** are full of vitamins and nutrients and are naturally lower in calories and sodium. Reduce your overall caloric intake by choosing fruits and veggies!
- ◆ **Start The Day Right** with a wholesome breakfast! Studies show that kids do better in school and have more energy for their day when they power up with a nutritious breakfast
- ◆ **Don't Forget Your Dairy!** Our low-fat and non-fat milk options provide you with the nutrients and calcium vital for optimum bone health
- ◆ **Our Oven-Baked Fries** are a lower fat, lower calorie alternative to traditional French fries
- ◆ **Our Whole Grain Products** provide more essential nutrients, like fiber, than other refined grain products



HOW TO USE YOUR LUNCH DEBIT CARD

- ◆ Bring cash or a check to the school kitchen before the school day starts to make a deposit
- ◆ A deposit of any amount may be made on any morning before the start of school
- ◆ Online pre-pay option:
www.skitsap.wednet.edu
Departments tab
Food & Nutrition Services tab
Online pre-payments link
- ◆ Cashier will use your card to access your account and deduct the value of your meal from your account
- ◆ The cashier will notify you when your account gets low. You can also receive email alerts
- ◆ You can view your account and purchase history online
- ◆ Have your card with you when you get in line to keep the lunch and breakfast lines moving
- ◆ You can use the pin pad to enter your account number instead of using your lunch card



Menu is subject to change.
"This institution is an equal
opportunity provider."