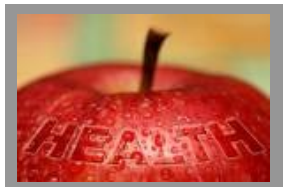




tricreek
SCHOOL CORPORATION
nutrition services



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Nutrition Services “News Bites”

“Prepared with Passion! Delivered with Pride!”



What Is a Complete Reimbursable Meal?

TriCreek School Meals meet or exceed all USDA and Federal regulations. We invite all students to dine with us! Each meal provides “fuel for learning” that students need to make the most of their school experience. School meals are student friendly as well as affordable and provide a nutritional and well balanced meal!

A **“Complete Reimbursable” Lunch** consists of choosing enough Food Components to equal what the Federal regulations govern.

5 Food Components are required to be offered for

- Lunch:
- ◆ Meat/Meat Alternative/Protein
 - ◆ Grains
 - ◆ Fruit, 1/2 cup serving
 - ◆ Vegetable, 1/2 cup serving
 - ◆ Milk



From these **5 Food Components** a student **MUST choose 3 out of the 5 and ONE of those choices MUST include a full serving of fruit or vegetable.**

Many times the Protein and the Grain are combined such as when a piece of pizza is offered. A piece of pizza equals 2 food components; grain and protein. **A “Complete Reimbursable” meal is the best value for your dollar.**

These food components sold separately end up costing more than if a student chose the entire meal. Why? A complete meal has a small amount of federally funded monies that are reimbursed to the school to help cover costs of food, labor and overhead but individual food components do not.



Second meals are also not federally funded. With a “Complete” Meal “students can choose to select all 5 food components to fill their plates and bodies. Many of our menus offer two different choices of entrée, vegetables and fruits so that students will be more likely to find an option that they would enjoy eating. **A “Complete Reimbursable” Meal can be chosen at all of our schools for all students at any and all serving lines.** Students can take just the required 3 components or ALL 5 to fill them up to fuel them through the remainder of their school day! The Nutrition Services Department has a very informative video on their website to explain “What Makes A School Meal”.



A “Complete Reimbursable” Breakfast

consists of: a Grain; a full serving of Fruit or Vegetable; and Milk.

Students **MUST** choose 3 food components and one **MUST** be a fruit or vegetable.

Students always have a choice of two different breakfast entrees, fruit, juice and milk.

Students can take just the required 3 components or ALL to fuel them up for a good day!



Fresh & Innovative Make Over

This summer the LHS cafeteria and serving lines underwent a fresh and innovative makeover that has provided the students with two new serving lines. A new & improved salad bar serving line provides an opportunity to build a fresh salad every day and a new “fresh and ready” pizza line option is available daily. The entire cafeteria has been newly painted and transformed to provide an



inviting dining experience for the students of Lowell High School.

Meal Assistance Applications



How to Apply for Meal Assistance Benefits

If you feel your family may qualify for meal assistance benefits there are several ways you can apply.

- ◆Applications can be picked up at any school office. Once the application is filled out completely it can be turned in at any school office or at the middle school where the Nutrition Service office is located.
- ◆Only ONE application is required for each family.
- ◆Applications can be printed from home by downloading from the school website.
- ◆And, lastly applications can be completed by using the MealTime Online application program. This is convenient and private. Just go to www.mymealtime.com and follow the instructions.
- ◆After applications are completed and the Nutrition Services has received your application it will be processed within 10 days and a determination letter will be mailed to your home.

All charges incurred before an application has been received AND processed are the responsibility of the parent.

CARRY OVER ASSISTANCE. If your student(s) were on meal assistance at the end of the school year last year those benefits will “carry over” into this school year for the first 30 days OR until you have filled out a new meal assistance application; whichever comes first. If you have not reapplied by the 30 day deadline of Sept 27th your meal assistance benefits will be changed to full pay. Please take the time now to reapply if you have not yet done so! If you fail to reapply or you do not qualify for meal assistance you will be responsible for all charges incurred.

Meal Time Online

Meal Time Online Payments

Meal Time Online is a convenient service for parents to deposit money into their student’s school meal account from home. Please plan ahead so that your deposit has enough time to get to your student’s account. We recommend making deposits 24 hours ahead. There is a small fee for each deposit for this convenient service.

This service also allows you to view the purchases your student is making in the cafeteria as well. No purchase is necessary to utilize this service.

It’s easy! Just go to:

www.mymealtime.com and follow the easy directions to get started.



Local HARVEST Pics



Over the last several weeks the Nutrition Services has offered seasonal “Local Harvest Pics” at each school.

These have included fresh plums from California, cantaloupe from Vincennes, Indiana, and watermelon from Indianapolis, Indiana.

More seasonal local harvest fruits and vegetables will be offered as availability permits.





Kids’ Health “Eat Your Breakfast”



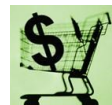
“Eat your breakfast. It’s the most important meal of the day!” Imagine you’re a car. After a long night of sleeping, your fuel tank is empty. Breakfast is the fuel that gets you going so you can hit the road.

Students are more alert and perform better in class when they eat a good breakfast. Studies have found that students who eat breakfast before starting school have a general increase in math grades and reading scores, increased attention levels, reduced school nurse visits and improved behavior!

All TriCreek School Corporation schools offer nutritious breakfast meals daily. We hope you will join us!

School Breakfast is nutritious and affordable:
Full Paid Elementary Breakfast; \$ 1.30 Full Paid Secondary Breakfast \$ 1.65; Reduced Elementary and Secondary Breakfast \$.30.

Fuel up with a healthy breakfast!



Eating Better On a Budget

Stretch Your Food Dollars

Get Creative With Leftovers

Spice up your leftovers—use them in new ways. For example, try leftover chicken in a stir-fry, fajitas, chicken chili or over a garden salad. Remember, throwing away food is throwing away your money!

Eating Out

Restaurants can be expensive. Save money by getting the early bird special, going out for lunch instead of dinner, or looking for “2 for 1” deals. Stick to water instead of ordering other beverages, which add to the bill.

Fresh Apple Season Is Here!



Apples are the symbol of good health.



Best for Pies
Granny Smith
Braeburn
Fuji
Pink Lady

Best for Salads
Empire
Honeycrisp
Golden Delicious
Pink Lady

Best for Applesauce
McIntosh
Corland
Fuji
Gala

Special Menu Days

Thanksgiving Meal



A special Thanksgiving Meal will be offered at all schools on November 16th. The menu will be posted the week before and will replace the regular menu. Please watch the Nutrition Services Webpage.

National School Lunch Week

October 9th - 13th



Family Recipe Corner

Easy Crock Pot Meals



Chicken Roaster Place a cleaned chicken roaster in a crock pot. Salt and pepper the inside of the chicken roaster and season the outside with your choice of seasonings. Generously add water in the crock pot. Chicken broth or chicken seasoning can be added to the water for additional flavor. Cover and cook for approximately 4 to 6 hours until internal temperature of 165 degrees. Check the liquid in the crock pot throughout the day to avoid burning the chicken. *Use the leftovers for Chicken Noodle Soup or Chicken Pot Pie the next day.*

Beef Pot Roast

Place a cleaned beef pot roast in a crock pot. Add water to crock pot to cover pot roast. Add one package of beefy/onion dry soup mix to crock pot. Cover and cook approximately 6 hours until internal temperature of 165 degrees. Check liquid in the crock pot throughout the day to avoid burning the roast. *Use the leftovers for stew the next day.*

Add mashed potatoes, carrots, fresh garden side salad and a seasonal fresh fruit for a delicious family meal.