

# Healthy Bites



INFORMATION • PAYMENTS • MEAL PRICES • MENUS • LOCATIONS • CONTACTS

**We look forward to the coming school year at Norfolk Public Schools  
Lunchtime Solutions proudly serves as your food service program provider**

The purpose of this communication is to provide you with an overview of the school food service program this year. If you have any questions or comments about our program, please feel free to contact **Tracy J. Shuck**, Food Service Director or **Joseph Nielson**, Assistant Food Service Director, at 402-644-2585 or [t.shuck@lunchtimesolutions.com](mailto:t.shuck@lunchtimesolutions.com) or [j.nielson@lunchtimesolutions.com](mailto:j.nielson@lunchtimesolutions.com). For your convenience, our menu is posted monthly on the school website.

Breakfast and Lunch prices along with other prices are listed below, in addition to the website.



Breakfast All Levels	\$1.60
Lunch	
PK-4	\$2.95
5-6	\$3.05
7-12	\$3.10
Extra Entrée Lunch	\$2.50
Extra Premium Pizza Entrée	\$2.50
Extra Milk	\$0.55
Adult Breakfast	\$2.75
Adult Lunch	\$4.60



## SCHOOL BREAKFAST

Breakfast is served in the dining areas before school starts. Please encourage your student to participate in school breakfast.

Research studies show that eating breakfast can help students perform better in the classroom.

## SCHOOL LUNCH

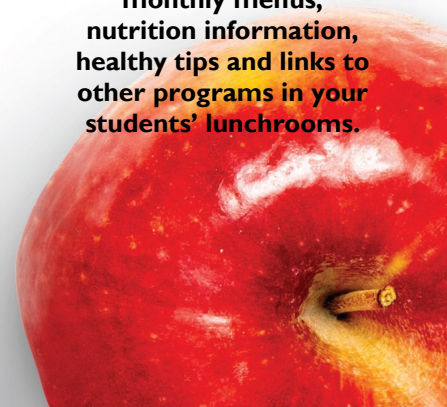
School lunch will offer a wide variety of choices for students. All students have at least two entrée choices daily. All meals include an entrée choice, a hot vegetable plus the unlimited Fruit & Veggie Bar, and milk choices.

## AFTER SCHOOL SNACK

Grade 5 to 8 will have the opportunity for an after school snack when participating in the AfterShock afterschool program.

## ONLINE MENUS

Connect with us through the Lunch Menu link on your school district's website where you'll find links to our monthly menus, nutrition information, healthy tips and links to other programs in your students' lunchrooms.



## SCHOOL LUNCH ACCOUNTS

The District allows students to charge up to \$20. When an account balance is low, students receive a minimum of three reminders to bring lunch money. At this point, when an account reaches a negative \$20 all purchases will **stop** except the purchase of a meal, no ala carte items. If the student is a free student they still will be able to purchase a school lunch, but no extra entrées will be allowed. If an account balance gets to negative \$20 then an alternative meal is given at no cost to the student.

A Point of Sale (POS) software system is used for the school lunch program. Please note the following important information:

- Each student will have his/her own individual Student Account.
- If sending cash with a student, place in a sealed envelope, along with the student's name and lunch account number.
- We are not responsible for lost, unidentified, or stolen cash.

### Lunch Account Deposits

**Elementary Schools and Middle School please give your lunch deposits to the teacher**  
**Junior High students please take your lunch deposits to the office**  
**Senior High accepts lunch deposits anytime including at the POS register during meal times.**

**Applications for Free and Reduced-price meals can be provided to the Norfolk Public School Administration at anytime during the school year**

Applications can be picked-up at the District Administration Building, or are available at the school website on the "Food Service" page.

All students will be at Paid status on the first day of school, unless the Free & Reduced application has been received and approved prior to the first day of school.

## DIET MODIFICATIONS

Families are responsible for notifying the School Food Service if their child requires a diet modification because of a life threatening disability. A licensed physician must provide specific written medical documentation.

Please contact the Food Service Office at 402-644-2585 or your student's school nurse for more information.

## ALA CARTE SNACKS

For Middle/JH/High School students, snack items will be available during the lunch period for purchase. Students must have a positive lunch account balance in order to purchase snacks.

### Snack items offered may include:

Rice Krispy Bars      Chex Mix      Beef Jerky  
Variety of Chips      Yogurt      Granola Bars

All snacks meet standards set by the District's Wellness Policy.

## EXTRA ENTRÉE – EXTRA MILK

All students, at an extra cost, can purchase an additional entrée or milk offered as part of the school lunch program.

For example if a student wants a second entrée, or an additional entrée, like a slice of pizza, then that entrée can be selected in the lunch line and charged to the student's account.

**Extra entrees are only sold to students who first purchase a school lunch.**

**All students can have extra servings of these with no charge:**

Canned Fruit      Fresh Fruit      Vegetables      Salads

If a student is free or reduced they may receive one entrée with their meal but they must have money in their account to purchase any extra entrees.

## JOIN US ANYTIME

Please feel free to join your child for a meal any day. The cost for an adult breakfast is \$2.75 and an adult lunch is \$4.60.

Please pay for your lunch at the school office.  
We hope to see you there!

Contact: Tracy J. Shuck  
Food Service Director  
Phone: 402-644-2585  
t.shuck@lunchtimesolutions.com

  
**Lunchtime**  
SOLUTIONS  
TIME FOR FRESH

# MY SCHOOL MENUS

## APP

NUTRITION ON THE GO

