



Lake Oswego School District

Nutrition Services
2501 Country Club Road
P.O. Box 70
Lake Oswego, OR 97034-0070
503-534-2361

Welcome to the 2019-2020 School Year

Did you know...

LOSD School meals meet the Healthy Hunger Free Kids Act certification standards and reflect the Dietary Guidelines for Americans and ChooseMyPlate.gov. This means our lunch's offer delicious entrees, whole grain rich grain items, unlimited fresh fruits and vegetables, nonfat and 1% milk. Students serve themselves from a fruit and veggie bar that has fresh salad greens, at least four types of vegetables and two types of fruit. Students are encouraged to choose fresh fruits and vegetables that are available with every school lunch. We will be offering organic salad mix, organic baby carrots and organic whole apples along with more house made entrees and more items sensitive to dietary restrictions. Check out the menu at <https://www.losdschools.org/Domain/57>.

What's happening this year.....

In the month of May 2019 Hallinan Elementary hosted a test kitchen where more house made items, more items sensitive to dietary restrictions and more organic and fresh choices were offered. It was a hit!

The most favorite new offerings were Rice and Beans with chips (Veg, GF, DF), Pulled Pork Sandwich, Beef Sliders (made with all-natural Painted Hills Beef), Chicken Street Taco's (GF, DF with no cheese), French Toast w/organic blueberry compote, and Cheese Calzone. We are excited to be able to expand these offering this year to all the other schools' menus. August/September menu is already posted on our website.....check it out!

We will again be participating in the Oregon Farm to School. This grant will allow us to purchase local farm fresh produce when available that support our farmers and return resources to our economy. Last year we were able to purchase from Luscher Farm, Our Table Farm Coop, and Painted Hills beef. Painted Hills beef will be in our spaghetti and tacos again this year.

Our produce distributor this year will be Duck Produce, out of Portland, OR. Duck Produce is a Food Alliance Certified distributor that distinguishes foods produced with respect for people, animals and the environment. Duck Produce carries an abundant supply of locally grown foods.

Let's Do Lunch!

Paying for Meals

There is a secure online prepayment service to deposit money into your child's school meal account at any time. This service also provides parents the ability to view their child's account balance through a web site called myschoolbucks.com. This is convenient and provides viewing account activity. There is a \$2.49 transaction fee for this service. A bonus meal is applied to deposits of \$50.00 or more. The resulting account balance must be a minimum of \$50.00 in order to qualify for the bonus meal. By having money in each child's account prior to entering the cafeteria, we find the lunch lines move along much faster so your child has more time to eat and enjoy their meal.

Also, parents will have the ability to print out a copy of their child's eating history report. This history report will show you all dates and times that your child has purchased a breakfast and or lunch within the past thirty days.

You can also send a check to the school in an envelope and place it in a black box (leaving cash in black box is discouraged) that hangs on a wall near the office or give cash or check to cashier in the lunch line. We are not able to give change back from checks.

Information on Free and Reduced meals on back

Free and Reduced Meals

The Lake Oswego School District is participating in the National School Lunch Program at all schools and the School Breakfast Program at all secondary schools and elementary schools this year. Nutritious, convenient, low-cost breakfast and lunch meals are available daily. Your children may qualify to receive free or reduced-price school meals. Students in all grade levels from K-12 are eligible if your family meets the income guidelines. Children in households getting Supplemental Nutrition Assistance Program (SNAP) or TANF and most foster children can receive free meals regardless of your household income. Households receiving assistance under the SNAP, TANF and FDPIR should only submit an application if they are not notified of their eligibility by August 16th. Those households that are notified can choose to decline benefits by making your request known to Nutrition Services at 503-534-2361.

All applications are reviewed by the appropriate sponsor / school district nutrition office for approval. Paper applications are still available; please contact your school office for details. After submitting your application it can take up to 10 days to process, please provide a lunch or money for a paid lunch until you receive notice that the application is approved.

Apply for Free or Reduce Priced School Meals online now!

<https://district.ode.state.or.us/apps/frlapp/default.aspx>

You can complete an application in just a few minutes. The program guides you through the application in just a few easy steps. This year the Oregon Legislature is providing funding to eliminate the reduced-price payment for school breakfast and lunch. Effective for the 2019-20 school year, breakfast and lunch will be available at **no charge** to students who qualify for reduced-price lunches. If you do not qualify at this time you may submit a new application at any time during the school year if your income changes.

LOSD Student Meal Charging Procedure

Lake Oswego Nutrition Services offers nutritious meals to fuel our students for academic success. We understand families have busy schedules so our department contacts families with the status of their student's meal account balance when an account becomes low in funds.

Accounts with a low balance:

- Families will receive email reminders when account reaches \$4.99.

Accounts with negative balance:

- Families will receive an email reminder.
- Letters will be sent home when an account reaches a negative balance of \$17.50.
- If an account remains unpaid and a negative balance exceeds \$17.50 parents will be contacted to have the parent fill out an application to determine if the student is eligible for free or reduced price meals.

School administrators, PTA or other groups have the option to set up a cafeteria account to pay for student meals with negative balances.

Payments:

- Cash and checks are accepted in the lunch line or payments can be placed in an envelope and the payment box provided near the school office. Cash payments should not be left in the deposit boxes. We cannot be responsible for cash left in the deposit box because the box cannot be monitored at all times
- There is an online prepayment service **www.myschoolbucks.com**. This is convenient and provides viewing account activity. There is a \$2.49 transaction fee for this service. A bonus meal is applied to deposits of \$50.00 or more. The resulting account balance must be a minimum of \$50.00 in order to qualify for the bonus meal.

It is the responsibility of parents or guardians to prepay for school meals, provide a lunch from home, or complete an application establishing eligibility for free or reduced-price meals.

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, disability, age, 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, audiotope, 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.