

# WHAT'S FOR LUNCH

## Will County School District 92

Welcome to District 92 Food Service Department! The Food and Nutrition Service Department is committed to providing a variety of foods that taste great and provide the proper nutrition needed for the growth and development of the children in our community.

We encourage that meal payments are made in advance. Your student will hand in the payment (cash/check) to their homeroom teacher. The money will be sent to the school office and deposited into the student's account.

**Meal payment (cash/check) should be placed in an envelope marked "School Lunch" and must include the following information:**

**STUDENT NAME:** \_\_\_\_\_

**GRADE/TEACHER:** \_\_\_\_\_

**PAYMENT TYPE: CHECK**\_\_\_\_\_ **CASH**\_\_\_\_\_

**Make checks payable to: District 92 Food Service**

If you have more than one student at the same school you need to write only one check. Indicate how much is to go into each child's account and the amounts will be deposited accordingly. Money can be carried over to the next year. Each student has a lunch card with the student's name and a bar code. The cards are run through the computer system and the amount of each lunch will be deducted from the student's previous balance. You may call your school cashier at any time to get your student's balance. Homeroom teachers take a "lunch count" every morning of students wishing to buy lunch that day.

---

### **LUNCH PROGRAM FEES**

Daily Lunch Cost:	Elementary:	\$2.25
	Junior High:	\$2.20-\$2.25-\$2.50
	Milk	\$ .50

- Money added to a student's account can only be used for lunches.
- Milk is included in a full lunch but is also sold separately for 50 cents

---

## **SCHOOL LUNCH: GOOD FOR KIDS AND GOOD FOR YOUR WALLET**

As the cost of everything increases – there is one meal that is still a great value both nutritionally and economically! At \$2.25 per meal, school lunch is still an incredible bargain.

### **Every School Lunch Includes Five Great Choices:**

- Milk – Fat free or 1% - flavored or regular
- Vegetables – From fresh romaine salad to sweet potatoes
- Fruit – Everything from kiwi to apples; often fresh
- Grains – More whole grain items like rolls or sandwich bread
- Meat or meat alternate –White meat chicken, diced turkey shaker salads, and lean beef

For more information contact:  
Jan Waldvogel, Food Service Director  
(815) 838-8031

### **Healthy Meals Feed Eager Minds**

- Meals served under the NSLP must meet nutrition guidelines based on the Dietary Guidelines for Americans.
- No more than 30% of calories can come from fat and less than 10% from saturated fat.
- School lunches provide one-third of the Recommended Dietary Allowances of protein, Vitamin A, Vitamin C, iron, calcium and calories over the course of one week of menus.
- Students who eat school lunches consume fewer calories from fat than students who bring lunch from home.
- Compared to lunches from home, school lunches contain:
  - ❖ Three times as many dairy products
  - ❖ Twice as much fruit
  - ❖ Seven times the vegetable amounts
- NSLP participants have substantially lower intakes of added sugars than do non-participants.