

Lansing School Food Services

Education on our Program:

Lansing School Food Service Program is completely self-supporting. This means that we receive no general fund monies to support our operations.

Money made from selling school breakfast, lunch and any other miscellaneous food not only pay for the food itself, but also staff salaries, their benefits, training, supplies, kitchen equipment and repairs.

To help defray costs we receive government-donated commodities as well as Federal and State monies for each reimbursable meal sold. To participate we must meet Federal meal requirements.



Meal Prices for 2017-2018 SY

Elementary School & Middle School:

\$1.60 Breakfast, \$2.80 Lunch

High School: **\$1.75 Breakfast, \$3.00 Lunch**

Reduced Price: **Breakfast \$0.25, Lunch \$0.25**

Milk: \$0.60

Welcome to the Cafeteria!

The Lansing Central School Lunch Program is committed to providing your child nutritious meals meeting all USDA recommendations. These standards include age appropriate calorie limits, larger servings of vegetables and fruits, a wider variety of vegetables, fat-free or 1% milk, more whole grains and less sodium. Now is a great time to encourage your kids to choose school lunch! School meals are a great value and a huge convenience for busy families.

Lansing School Food Service also offers free and reduced meals to families that may need assistance with their meals. This includes both breakfast and lunch in all three schools. Applications are mailed out each summer and can also be found on the School District website. Families must submit a new application each year, and all information is confidential.

For more specific information about cafeteria policies visit the Lansing District website, or [click here](#).

Please continue to read this newsletter to learn more about services provided by the Lansing School Food Service Program.

If you think of any questions upon reading this newsletter, feel free to reach out to Sandi Swearingen.

Sandi Swearingen

Food Service Director

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Introducing our Vegetarian Menu



**Large Salads with
Garbanzo Beans or
Diced Eggs (Daily)**

**Peanut Butter and
Jelly Sandwich
(Daily)**

**Yogurt, Cheese Stick
and Bagel (Daily)**

**Cheese Pizza (Daily-
High School Only)**

Bean Tacos

**Roasted Broccoli
and Cheese
Quesadilla**

**Black Bean
Quesadilla**

**Pasta with Marinara
Sauce**

Black Bean Burger



***Broccoli and Cheese
Quesadilla***



Why Your Family Should Eat Breakfast at School

Dear Parents,

As we both know, nutritious meals have a large impact on the moods and health of our children. Hungry children also have a more difficult time doing their best work in school. That's why the Lansing School Food Service Program is encouraging all students to begin the school day with a nutritious breakfast.

The School Breakfast Program is available to all students every weekday morning, and your child can choose which days they eat at school. School breakfast makes sense; it provides $\frac{1}{4}$ of your child's nutritional needs, meets dietary guidelines recommendations and offers children a chance to eat breakfast with their friends.

School Breakfast is an ideal solution on busy mornings when kids are running late or parents have to be at work early. Whatever the reason, if breakfast at home is not convenient, please have your child take advantage of breakfast here at school.

Thank you for helping us to make sure that all of our students start the school day alert, well fed, and ready to learn.

Sincerely,

Sandi Swearingen, Food Service Director

We're Increasing Our Scratch Cooking

The Lansing School Food Service Program is making an effort to increase their scratch cooking in lunch meals, and for some of their breakfast items. Some of these scratch meals include: homemade meatballs with sauce, Chili, Sloppy Joes, and beef or bean tacos. For breakfast, pastries, scones and muffins are freshly baked. We hope that our students appreciate the work that goes into preparing these fresh meals, and enjoy the taste!



Homemade Meatballs rolled and waiting to be cooked.