

# MEAL PROGRAMS



Nutritious meals are offered at both breakfast and lunch for all students who chose to participate. We want mealtime to be a pleasant social experience for **all students**.

**Breakfast** -The serving line for breakfast opens at 8:00. Students who plan to eat breakfast at school are expected to go to the serving line as soon as possible after arrival so that they can be in their classrooms when class begins at 8:20. The only exception to this is students who ride a bus that arrives late.

**Lunch** - All students go the cafeteria for a 20 minute lunch period. Students who are eating school lunch pass through the serving line. Students who elect to bring a lunch from home may purchase milk to go with their meal.

Meal Prices	Breakfast	Lunch
Full Pay – 20 Meals	\$20.00	\$35.00
Full Pay – Single meal	1.00	1.75
Reduced – Single meal	.00	.40
Free – Single Meal	.00	.00
Extra Milk or Milk Only	.25	.25

**Free and Reduced Meals** - Your children may qualify for free meals or meals at reduced prices. To apply for free or reduced-price school meals, request an **Application for Educational Benefits** by calling 218-338-4079 ext. 401. When families apply and/or qualify for Educational Benefits **all information provided is kept confidential**.



**Pre-Paid Meal Policy** - Parkers Prairie School District enforces a **pre-paid meal policy**. This means that students **must have a balance in their account before eating meals**. Money is deposited into a family account through the office. Parkers Prairie School District does not allow students to charge meals.

Families will be notified when their family meal account approaches a zero balance. Please work with us to keep your family's lunch account current.

**Special Diets** - If your child has been determined by a physician to have a condition that prevents the child from eating the regular meal, we will make modifications or substitutions prescribed by the physician at no additional charge. Simply contact the office with specific information.

## Cafeteria Rules

1. Wait in line in a quiet and orderly manner.
2. Treat everyone with respect.
3. Speak in a quiet voice at all times.
4. Be seated at the table designated for your class, in line order.
5. Keep your hands and feet to yourself.
6. Do not share food.
7. Do not throw any items.
8. Stay seated until you are dismissed by the supervisor.
9. Take care of your own tray and trash at the end of the meal.
10. Do not take food out of the cafeteria, except with staff permission.
11. Walk when leaving the cafeteria.

## MILK PROGRAM

We offer milk to all students in the building as an option during their classroom break or snack time. The milk break is one way we are responding to the growing concern about the health and nutrition of our students.

Students can participate in the milk program by purchasing a milk pass for the semester or the entire year. Students will have the option of drinking either 2% or Skim. No chocolate milk will be offered during the milk break.

MILK PROGRAM	Semester	Year
<b>PRICES</b>		
Students on Full Pay Meals	\$22.50	\$45.00
Students on Reduced Meals	\$11.25	\$22.50
Students on Free Meals	\$0.00	\$0.00



**No Charge** for milk break for students in kindergarten.

## RECESS

A twenty-five minute recess period is provided to all children each day either before or after their lunch period. Recess is considered an important part of the school day. We believe that recess benefits children by providing an opportunity for:

- **Physical exercise**
- **Fresh air**
- **Social skill building**
- **Independent choice making**
- **Problem solving**



Children who participate in recess return to the classroom more ready to participate in the academic curriculum.

**Participation** - *Children are expected to participate in recess every day.* At times extreme temperatures, rain, or other weather related conditions, require that all children stay indoors during recess. Occasionally, there are circumstances that prevent individual children from going out for recess, but for the most part, children who are able to participate in the rest of the school day should be able to participate in recess.

A daily note, stating the reason a child is not able to go outdoors for recess is required. If your child needs to stay in for more than two consecutive days, please provide a doctor's note specifying the reason. Because indoor supervision requires special arrangements, **we ask your help in keeping this practice to a minimum.**

We will strive to make recess a positive experience for all children. In return, we ask your support in stressing to your child the importance of this part of the school day.

**Getting Along with Peers on the Playground** - Recess is a time to learn and practice skills for problem solving, working together and getting along with peers. Equipment is limited, so students need to find ways to be sure everyone who wants a turn gets one. There are no "closed games" on the playground. Students need to work together to find ways to include everyone who wants to participate in an organized game.

**Items from home** – Please limit bringing items from home to the playground.