

Johnston Community School District Child Nutrition Program

The Johnston Community School District recognizes the important connection between a healthy diet and student's ability to learn. To help ensure students receive proper nutrition to fuel their minds and bodies, the nutrition department maintains high standards set by the federal government regarding food safety and nutrition. Now is a great time to encourage students to choose a healthy lunch or breakfast at school.

Breakfast served at all sites daily: Elementary Schools 8:25am, Secondary Schools 7:15am

School meals planned using the following standards:

- ✓ Age-appropriate calorie, sodium and saturated fat limits/0 trans fats
- ✓ Variety of fruits and vegetables including Farm to School fresh options
- ✓ Wide range of vegetables (including dark green, red/orange, and legumes)
- ✓ Grain items contain least 51% whole-grain rich flours.
- ✓ Canned fruit packed in natural juice or light syrup.
- ✓ Yogurt or other vegetarian entrees offered daily.
- ✓ Low fat and skim milk offered daily by Anderson Erickson Dairy.
- ✓ All foods sold to kids before, during and 30 minutes after school are compliant with USDA/Alliance for a Healthier Generation Smart Snacks Guidelines including ala carte, vending and fundraising.



Additional Meal Requirements:

Students are required to select a serving of fruit and/or vegetable with lunch & breakfast meals.

Special Menus / Substitutions:

Substitutions for specific foods allowed when supported by a statement from a recognized medical authority. If a student requires a specific food substitution, such as in the case of a food allergy, a Diet Modification Request Form completed by a medical professional is required. These forms are available www.johnstoncsd.org/departments/nutrition-services/special-diets. Updated forms submitted annually to the Director of Nutrition Services and the School Nurse.


School meals are a great value and huge convenience for busy families:

Parents may allow students to purchase extra milk at the elementary schools or ala carte items at secondary schools by pre-payment of funds into the student's computerized meal account. During meal service, the computer debits and records purchases from the student's lunch account. Student accounts are closely monitored to prevent negative balances and charges. Students may not be able to purchase ala carte items or second meals if there are no funds available in the account.

Free and Reduced Prices Meals are available to qualifying families:

An Iowa Application for Free and Reduced Priced school meals can be completed online at the www.johnstoncsd.org/departments/nutrition-services/free-reduced-meal-program select online application. To request a paper Iowa Application for Free and Reduced Priced school meals - please call the JCSD Nutrition Department at 515-278-0278.

2022/2023 Prices		
	<u>Breakfast</u>	<u>Lunch</u>
Elementary	\$1.85	\$2.90
Secondary	\$2.00	\$3.00
Adult	\$2.40	\$4.13
Extras:		
Milk	\$.50	
Fruit/Veggie	\$.75	
Bread/Dessert	\$.75	
Cookie	\$.75	
Entrée	\$2.60	

School Lunch Menus and nutritional information is available at www.johnstoncsd.org Quick Links - Nutrislice  or meal menus at the bottom of the page. Contact the JCSD Nutrition Department 515-278-0278 with questions. We look forward to welcoming your children to the cafeteria.

This institution is an equal opportunity provider