



# FOOD & NUTRITION DEPARTMENT

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*Eat Fresh. Energize. Learn...*



The Warrick County School Corporation has an essential role in the lives of students by providing them with a foundation for healthy living and learning. Our goal is to provide the kids' favorite items combined with non-processed, healthier, fresh selections. We feel it is important to offer these items to introduce students to different types of foods. We are committed to each and every student, each and every day.

The WCSC Food and Nutrition Department makes affordable, healthy, and nutritious breakfasts and lunches daily for our students. We continue to meet tough new federal nutrition standards for school meals, ensuring that meals are healthy and well-balanced and provide students all the nutrition they need to succeed at school. Many of us think our children will only eat "kid" foods like chicken nuggets, hotdogs and pizza but we see something different happening here in our district. We are seeing thousands of kids across Warrick County trying these new, healthier menu items. We would like you to encourage your child to try a variety of the different choices offered throughout the school year. Some fresh and healthy items you will see this year are:

**Vegetables:** Fresh Jicama Sticks, Cherry Tomatoes, Cucumber Slices, Homemade Mexican Pinto Bean Dip, Roasted Red Pepper Hummus w/ Veggie Sticks, White Beans w/ Bacon, Romaine Garden Salads, Parmesan Broccoli, Edamame w/ Asian Glaze, Cauliflower w/ homemade cheese sauce, Sweet Potato Fries, Parmesan Roasted Asparagus and Fiesta Bean Salad.

**Fruits:** Fresh cut apple slices, peaches, bananas, oranges, grapes, kiwi, fresh pineapple, pears, plums, and strawberries

**Entrees:**

- ***BBQ Chicken Strips***- All white meat, grilled chicken strips served in our sweet n' tangy BBQ sauce
- ***Buffalo Chicken Dip w/ Tostitos***- NEW! Tender chicken, spicy Buffalo sauce, creamy melted cheese and ranch dressing. Served with tortilla chips
- ***Carne Con Queso*** – Tender seasoned pork served over a bed of Spanish rice topped w/ warm queso cheese sauce
- ***Chicken Fillet Sandwich***- Whole muscle-all breast meat, oven baked chicken fillet served on a bun
- ***Chicken Bruschetta Pasta***- Barilla Pasta tossed with garlic, olive oil, fresh basil, diced tomatoes, chicken, parmesan cheese and balsamic vinegar
- ***Chicken n' Waffles*** – Crispy all white meat panko breaded chicken tenders served with waffle sticks and syrup
- ***Chicken Parmigiana***- NEW! Crispy chicken served over rotini pasta, topped with marinara sauce and parmesan cheese
- ***Citrus Herb Baked Tilapia***- A fresh Tilapia filet sprinkled with a sweet lemon, basil, thyme seasoning and parmesan cheese
- ***Fresh Made Burrito*** – Seasoned ground beef topped with cheddar cheese then hand-wrapped in a flour tortilla
- ***Gyros***- Beef & Lamb gyro meat served on warm flatbread with Greek tzatziki sauce made with fresh cucumbers and an array of fresh seasonings. Gyros are served with tossed Greek salad topped with cherry tomatoes and dill.

- **Japanese Cherry Blossom Chicken** – NEW! Whole grain battered chicken chunks tossed with a sweet and sour cherry sauce
- **Korean Beef** – Beef strips marinated in a sweet and savory Korean BBQ sauce, served with vegetable fried rice.
- **Meatball Sub** – NEW! Italian-style meatballs drenched in irresistible marinara sauce and topped with melted cheese, served on a French bun.
- **Pita Bread Pizza**- Pita Bread topped with pizza sauce, fresh chopped basil, shredded mozzarella and grated parmesan cheese
- **Pollo Con Queso**- Our take on the traditional Mexican Chicken on the Beach, tender shredded all white meat chicken served over a bed of Spanish rice topped with warm queso cheese.
- **Pot Roast over Noodles**- Oven roasted fork-tender pot roast served over egg noodles.
- **Shrimp Taco** –NEW! Shrimp poppers tossed in spicy Thai sauce wrapped in a warm tortilla
- **Spicy Thai Shrimp** – NEW! Our take on the popular BANG BANG shrimp, crispy shrimp tossed in a creamy, spicy sauce
- **Toasted Stromboli Grinder** – Oven toasted French bread stuffed with Italian seasonings, sausage crumbles and melted mozzarella cheese
- **All Ranch Dressing and Vegetable Dips are homemade and made with buttermilk and yogurt.**

**Breakfast**- Breakfast is offered daily at all schools and is open 20 minutes before classes begin.

School breakfast and lunch meals offer students milk, a variety of fresh fruits and vegetables, proteins and grains, and they must meet strict limits on saturated fat, sodium and portion size.

### **What's For Lunch???**

Have you ever wondered what is actually provided in the school meals? Please visit our “What’s For Lunch” section on our website to view pictures of our meals. These pictures depict actual portion sizes and foods offered for each grade level listed. They also provide a description of the ingredients used to prepare the meals. We will continue to add to this webpage so you can better see what foods are available for your students each day. For example:



As you can see, each grade level is offered 5 meal components (meat, grain, fruit, vegetable and milk) however the serving sizes for each grade level vary. Elementary and middle school students may take up to one ½ cup of fruit and two ½ cups of vegetables whereas high school students may select up to two ½ cups of fruit and two ½ cups of vegetables for lunch daily. Grains and meats vary by grade level depending on the item. Calorie requirements are averaged over each menu week and are as follows: Elementary: 550-650 cal/meal, Middle: 600-700 cal/meal, High: 770-850 cal/meal. You may find a full list of the federal USDA nutritional regulations for the National School Breakfast and Lunch Program on our website.

All items listed on the menu are offered to the students however, the students have a choice as to whether or not to take each item.

### **Farm to School Program**

The WCSC Food & Nutrition Department is excited to again work with local farmers to provide the freshest produce to our students. We feel this is not only a great benefit for our students but also a great opportunity to help the local commerce. "Local" by our definition is within our county or an adjacent county. Look for our local fresh apples, peaches, cherry tomatoes, cucumbers, basil and romaine lettuce.

### **Free and Reduced Meal Applications**

Do you qualify for meal and book rental financial assistance? You may complete your Free and Reduced Meal Application online! Go to <https://family.titank12.com> to apply.

If you are receiving SNAP or TANF, you may receive a letter stating that your child has been automatically approved for free meals. If you receive this letter, you **do not** need to fill out an application.

### **Meal Payments**

You may send cash or check to your child's school and the money can be deposited into their account. The money will then be used as a debit system to purchase meals using your child's 6-digit student ID number. If you choose to send a check, please be sure to include the student's name on the memo line of the check to ensure it is deposited to the proper account. If you have more than one student in the Warrick County School system, you may choose to send one check to be deposited into all student accounts (regardless of what school they attend). If you do this, please be sure to list each student at the bottom of the check. The deposit will be evenly split among all students unless specified otherwise.

You may also make pre-payments to your child's school meal account anytime using any major credit card or debit card online through <https://family.titank12.com>. Online payments are automatically credited to your child's meal account. A \$2.60 processing fee will apply for online payment transactions. Account balances and transactions may be checked online at **no charge**. We encourage you to visit this website frequently so you can be aware of what your child is purchasing on a daily basis.

A La Carte items may be purchased in each school cafeteria. If you would like to block your student from purchasing A La Carte items or place a daily spending limit on your child's account, you may do so by contacting the school cafeteria manager.

You may also contact your school's Cafeteria Manager to sign up to receive email notifications when your child's meal account balance is getting low.

### **Meal Prices**

<i>Breakfast</i>	Elementary: \$1.35	Middle: \$1.50	High: \$1.50	Adult: \$2.00	Reduced Meals: \$0.30
<i>Lunch</i>	Elementary: \$2.00	Middle: \$2.15	High: \$2.35	Adult: \$3.50	Reduced Meals: \$0.40
<i>Extra Milk</i>	\$0.50				
<i>Juice</i>	\$0.50				

### **Charge Policy**

The WCSC Food & Nutrition Department operates as a self-supporting, cost effective business within our district, and maintains fiscal responsibility to the overall operation. The Food & Nutrition Department relies solely on money received from meals and food provided, as well as some government reimbursement for each school breakfast and lunch meal purchased. We do not receive money from the school corporation. Therefore, it is important that students are given breakfast and/or lunch money each day to purchase the meals and foods that they buy. **Charges are strongly discouraged.** Delinquent meal accounts will be turned over to the school corporation attorney for collection. Please visit our website to review the Meal Charge Policy.

Elementary School: An elementary student may charge up to \$20.00 to his/her meal account. After the \$20.00 limit has been reached or after an account debt remains unpaid for 30 days, the student will receive an alternative meal.

Middle School: A middle school students and TJHS students may charge up to \$10.00 to his/her meal account. After the \$10.00 limit has been reached or after the account debt remains unpaid for 30 days, no meals and no alternative meals will be provided.

High School: High school students are not permitted to charge food or drink.

### **Special Dietary Needs**

If your child has a special dietary need, please notify the school nurse and cafeteria manager. If your child suffers from a food allergy, the school cafeteria must have an updated copy of the Food Allergy Action Plan signed by the physician Allergist. Alternative menu options are available at each school. The WCSC Food & Nutrition Department has two registered dietitians on staff full time to help meet your needs.

For more information regarding the Food & Nutrition Department, please visit the Warrick County School Corporation website at [www.warrick.k12.in.us](http://www.warrick.k12.in.us) and click on the Food & Nutrition link to view the following information:

- Menus & Prices
- Photos of our meals
- Health Inspections
- Special Dietary Needs
- Nutritional Information
- Online Meal Payment Info
- Charge Policy
- Free/Reduced Meal Assistance
- Links to contact your cafeteria manager

***We hope that you and your children find our menus flavorful, healthy and full of variety. We take pride in doing our best to provide nutritious and affordable meals to your children. We encourage you to join us for lunch!! If you would like to have lunch with your child, please notify your child's teacher, the school's front office or the cafeteria. If you ever have any questions, comments, suggestions or concerns, please do not hesitate to contact our office Monday through Friday 7:00 a.m.-3:00 p.m.***

***Learning healthy eating habits at a young age can reap benefits for a lifetime.***

Healthy Regards,

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WCSC Food & Nutrition Director

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*This institution is an equal opportunity provider and employer.*