



ONEKAMA CONSOLIDATED SCHOOLS

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February/March 2018

Hello Parents!



This is a mid-winter update from Onekama's kitchen! The food & nutrition team are still working hard to make your child's school meals are not only delicious, but healthy and nutritious. School breakfast and lunches include more fruits and vegetables. Free and reduced applications are still available in the school office or you can always go online at lunchapp.com. There is no limit on how many times to apply throughout the school year. If you have any questions about school meal applications please call Tim Klenow, 231.889.4251 ext 4109.

We are proud to announce; we were awarded the "**10 cents a meal grant**". This grant will give food service reimbursement towards produce purchased in Michigan, locally. Some of the locally grown produce we have already been able to bring to the kitchen include; Watermelon, apples, tomatoes, corn, kohlrabi, broccoli, kale, blueberries, strawberries, and asparagus. Keep your eye on the school menu to see more locally grown farm to school items, just look for the tractor! Food Service will add more choices as the season and opportunity arises.



School breakfast is an option when family schedules are rushed or a child is unable to eat early in the morning. Even if your child eats breakfast at home, sometimes a long bus ride may make a child hungry by the time the bus arrives at school. School breakfast is served from 7:30 am to 8:00 am, Monday through Friday in the school cafeteria. If your child receives free/reduced lunches, they will also receive free/reduced breakfast! A reduced price breakfast is \$0.30 and a reduced price lunch is \$0.40. Meal prices for breakfast are \$1.50 for elementary students and \$1.75 for secondary students. Lunch prices for 2017/2018 are \$2.70 for elementary and \$2.95 for secondary students.

Try our new breakfast Bosco's and whole grain donuts! We will also be bringing back fat free strawberry milk. Don't forget **March 2nd** is Dr. Seuss' birthday. That means Green Eggs and Ham for breakfast. ~ **March 5th through March 9th** is National School Breakfast week! Students who eat breakfast every day during breakfast week will be put in a drawing for a chance to win **BIG PRIZES!** Age appropriate prizes will be given to select students who eat breakfast every day during that week, so keep an eye out for the *school breakfast challenge* posters. Middle and High schoolers make sure you check your email and submit the OCS cafeteria menu survey, we would love your feedback! Stay warm!

Sincerely,

Tim Klenow, Food Service Director

