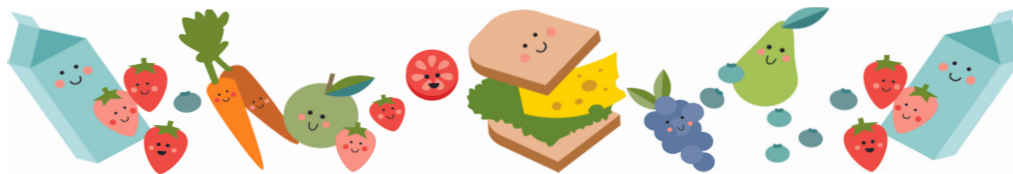


# Central Kitsap School District Child Nutrition

## 2023-2024



**Welcome Back! We look forward to serving your students this year!**

### Meal Prices

	Breakfast	Lunch
Elementary	\$2.25	\$3.50
Middle & High	\$2.50	\$3.75
Reduced K—12	FREE	FREE
Adult	\$4.00	\$5.00
Milk / Juice	\$.75	\$.75
Entrée Only	\$2.00	\$3.00

### What is included in a Meal?

CKSD participates in the National School Breakfast and Lunch Program. The meal prices above reflect the cost of a full, **reimbursable** meal through USDA. The following items are included in a full meal:

**Breakfast:** Students are required to select at least 3 items from a selection of breakfast entrees, fruit, juice and milk. All students are required to choose at least one fruit item. If a student chooses not to select all components of a full breakfast, items will be charged at an individual a la carte price.

**Lunch:** Students are required to select at least three out of five food components from a selection of protein—rich meat or meat alternate items, whole grains, fruits, vegetables and milk. All students must select at least 1/2 cup from the fruit and vegetable offerings. If a student chooses not to take a full lunch, items will be charged at a la carte pricing.

### Free and Reduced Priced Meals

Your child may qualify to receive breakfast and lunch for free. Families must apply each year and if eligible, your student's benefits will begin immediately.

#### How to apply:

- Complete the 2023-24 form and return it to your child's school or email a copy of it to [foodservice@ckschools.org](mailto:foodservice@ckschools.org)
- For the fastest response, you may complete an application online at <https://linqconnect.com>
- You may apply at any time during the year if your financial situation changes
- You will receive an email from the Child Nutrition office notifying you of your application status
- Applications will be reviewed as quickly as possible. If you do not hear from the Child Nutrition office with an approval within 10 days, please call us and we can look up your child's eligibility
- Submit only one application per household
- Once approved your child will be eligible for benefits for the entire school year
- Applications can not be back dated, so please apply early in the year in order to avoid unexpected food charges!

**Come work with us!** Are you looking for part time work with a work schedule that works well with your child's school schedule? We are always looking for Substitutes to work in our Child Nutrition Program and can provide great pay and a flexible schedule!! We also frequently have permanent positions available! If you are interested, please go online at [www.ckschools.org](http://www.ckschools.org) and apply!

### Food Allergies / Special Diets

If your child follows a special diet for severe food allergies or other medical conditions, we can still help provide healthy meals for them!

In order to provide an alternate meal, including omitting parts of the meal, we will need documentation from your child's Physician or other recognized medical authority. Please find our form at [www.ckschools.org](http://www.ckschools.org) to have your child's doctor complete. You can call or email us and talk to our Registered Dietitian about what accommodations we can provide and we will help you get the correct documentation in place.

You can reach us at 360-662-1092 or email us at [foodservice@ckschools.org](mailto:foodservice@ckschools.org)

We are unable to make any accommodations for dietary preferences

\*Please note\* it could take up to 2 weeks to process your request for a diet modification

### CKSD Meal Charging Policy

A full, reimbursable meal will be provided to any student who requests it and it will be charged to his or her meal account regardless of whether there are sufficient funds available. Charging of A La Carte items or second meals is never

#### CKSD Child Nutrition Responsibilities

- Provide nutritious meals that meet USDA guidelines
- We will not communicate low or negative balances with students unless they ask
- Provide courtesy low or negative balance emails or letters weekly using our automated system. These can be managed online at <https://linqconnect.com>
- Keep data confidential, in accordance with federal law
- Our staff will do everything possible to help families qualify for free or reduced meal benefits.

#### Parent / Guardian Responsibilities

- Communicate with your child about meal charging activity, including setting appropriate limits
- Make payment arrangements for meals purchased at school
- Submit a free / Reduced application if you believe your child may qualify for benefits
- Call the Nutrition office immediately if you believe meals have been charged in error to your child's account at 360-662-1092 or email [foodservice@ckschools.org](mailto:foodservice@ckschools.org)

#### Why Should I complete a Free / Reduced Application?

Not only does completing a Free / Reduced application help your school receive important grant funding, but if you qualify, your family can qualify for other benefits such as free or reduced school fees and Pandemic EBT benefits.

Students enrolled at the following schools will receive FREE breakfast and lunch this year, however, we highly encourage completing a Free / Reduced application

Clear Creek Elementary, Cottonwood Elementary, Esquire Hills Elementary, Pinecrest Elementary, Woodlands Elementary, Barker Creek Community School & Fairview Middle School

#### Contact Us!

If you have any questions or concerns during the year, please contact us!

Child Nutrition 360-662-1092 or Email: [foodservice@ckschools.org](mailto:foodservice@ckschools.org)

Melissa Hill, RD Director [melissahi@ckschools.org](mailto:melissahi@ckschools.org)

Michelle Waller Production Coordinator [michellew@ckschools.org](mailto:michellew@ckschools.org)

