



Warren Consolidated Schools

Creating Dynamic Futures through Student Achievement, High Expectations, and Strong Relationships

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www.wcskids.net

NUTRITION SERVICES

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Welcome Back! We are very excited to serve our students, as we understand the direct correlation between healthy eating and academic success. In addition to lunches, the Nutrition Services Department offers a variety of easy-to-eat nutritional breakfasts served out of the cafeteria each morning 15 minutes prior to the start of school. Our school breakfast program gives hardworking parents a hand in meeting their child's nutritional needs without interrupting the school day or taking away from important learning.

We encourage all families who may qualify for free or reduced priced meals to complete the online application. This convenient and confidential website allows for quicker processing than the paper applications. The link to www.lunchapp.com is available at the WCS Nutrition Services website which can be found within the WCS homepage. Please keep in mind a new application needs to be completed each school year. Communication is mailed to the household explaining the benefits that a family qualified for; hold onto this letter as you might need this notification to take advantage of discounts offered by some internet providers.

Online deposits with a credit card can be made to a student's nutrition account by using www.SendMoneyToSchool.com. You will need your child's ID number to access their account. It is an excellent way to track all transactions that take place in the cafeteria. There is a minimum online credit card deposit of \$10, however there are no additional charges for transactions. Deposits can be made at school with CASH ONLY. Nutrition Services is not able to accept checks.

Students who have food allergies can be accommodated by our staff. The Michigan Department of Education's *Request for Special Dietary Needs Accommodations* form needs to be completed with a doctor's list of substitutions and the doctor's signature in order to make menu modifications. This form can be found under the Nutrition Services tab on the district website. Individual meetings to discuss alternative menus may be arranged with the district's Dietitian and School Nurse.

It is district policy that we ensure that all students receive a standard meal including those students who do not have funds in their account or in hand to cover the cost of their full meal at the time of service. Reminders of negative balances will be sent home with students, mailed to households, and emailed to addresses on file. Credit is not extended for ala carte purchases.

In October 2018, the Nutrition Services Department is required by the USDA to verify 3% of our free/reduced lunch applications. Applications are chosen randomly by our Point of Sale system. If your application is chosen, you will receive a letter in early October outlining the process. We are here to assist you through the entire verification process and make it as simple for you as possible. Unfortunately, if you don't respond your children will not receive the benefits of this federally funded program and will need to pay for their meals.

The Nutrition Services Department is always looking to hire dedicated individuals to work in the kitchens. This job allows you to coordinate a work schedule while your child is in school and earn additional monies. If you are interested in learning more about working in school kitchens, please call the Nutrition Service Department at 586.698.4157.



Wellness Policies provide an opportunity for schools and districts to create a healthy school environment by making physical activity, healthy eating and staff wellness programs, sustainable practices. School wellness policies are vital to making the healthy choice, the easy choice at school. Warren Consolidated Schools Wellness Policy can be found on the Nutrition Services Website. The Wellness Committee consists of parents, students, staff, and administrators and is open to anyone that wants to participate. The group meets at least quarterly, to establish goals centered around nutrition promotion, nutrition education, physical activity, and other school-based activities that promote wellness.

The Wellness Committee wanted to share with our parents tips about healthy snacks developed by the USDA. Please consider sending suggested snacks with you students to school.



10 tips
Nutrition
Education Series



Based on the
Dietary
Guidelines
for Americans

MyPlate snack tips for parents

Snacks can help children get the nutrients needed to grow. Prepare snacks that include two or more food groups. For younger children, help them get just enough to satisfy their hunger. Let older kids make their own snacks by keeping healthy foods in the kitchen. Visit ChooseMyPlate.gov to help you and your kids select a satisfying snack.

1 Save time by slicing veggies
Store sliced vegetables in the refrigerator and serve with hummus. Top half of a whole-wheat English muffin with spaghetti sauce, chopped vegetables, and low-fat shredded mozzarella and melt in the microwave.

2 Mix it up
For older school-age kids, mix dried fruit, unsalted nuts, and popcorn in a snack-size bag for a quick trail mix. Put fat-free yogurt, 100% fruit juice, and frozen peaches in a blender to make a tasty smoothie.



6 Keep an eye on the size
Snacks shouldn't replace a meal, so look for ways to help your kids understand how much is enough. Store snack-size bags in the cupboard and use them to control serving sizes.

7 Fruits are quick and easy
Fresh, frozen, dried, or canned fruits, such as applesauce, frozen grapes, or raisins, can be easy "grab-and-go" options that need little preparation. Offer whole fruit and limit the amount of 100% juice served. Choose canned fruits that are lowest in added sugars.



3 Grab a glass of milk
A cup of low-fat milk or fortified soy beverage is an easy way to drink a healthy snack.

4 Go for great whole grains
Offer whole-wheat breads, popcorn, and whole-oat cereals that are high in fiber and low in added sugars, saturated fat, and sodium. Limit refined-grain products such as snack bars, cakes, and sweetened cereals.



8 Consider convenience
A single-serving container of low-fat yogurt or individually wrapped string cheese can be just enough for an afterschool snack.



9 Swap out the sugar
Keep healthier foods handy so kids avoid cookies, pastries, or candies between meals. Add seltzer water to a ½ cup of 100% fruit juice instead of offering soda.

5 Snack on protein foods
Choose protein foods such as unsalted nuts and seeds, hummus or other bean dips, and hard-cooked (boiled) eggs for a healthy, easy snack. Store hard-cooked eggs in the refrigerator for up to 1 week for kids to enjoy any time.

10 Prepare homemade goodies
For homemade sweets, add dried fruits like apricots or raisins and reduce the amount of sugar in the recipe. Adjust recipes that include fats like butter or shortening by using unsweetened applesauce or prune puree for half the amount of fat.