

Lincoln Lutheran School Nutrition Program

Lincoln Lutheran Middle/High School Nutrition Services Department

Bambi Schmid – School Nutrition Director

Phone: 402-467-5404

Email: lunch@lincolnlutheran.org

Basics of the School Nutrition Program

Our Purpose:

To meet the nutritional needs of students
to better prepare them for learning

Objectives:

To serve nutritious, balanced and attractive meals
To encourage healthy lifestyles

Lincoln Lutheran is a participant in the National School Lunch Program (NSLP).

We offer several healthy choices every day. Students may choose from the main line, cold sandwiches and/or the a la carte line.

Offer vs. Serve

Students are encouraged to take all five components of the main line meal; however only three components are required. The five components are meat/meat alternate, fruits, vegetables, grains and fluid milk. A full serving of fruit and/or vegetables must be included in the three components. To help students fulfill this requirement, a fruit and vegetable bar is available daily.

We offer healthy choices to supplement a meal, including water, 100% fruit juice, and a variety of baked chips and frozen treats.

Lunch

Students select foods that meet the strict nutritional guidelines established by the United States Department of Agriculture (USDA). Your student will find whole grains, low fat salad dressings, and lots of fresh fruits and vegetables in the lunch line.

A variety of cold sandwiches is available daily. Additional specialty and theme items are offered periodically.

Bringing in Outside Food

It is a violation of National School Lunch Program guidelines for purchased outside lunch to be brought to Lincoln Lutheran students for their consumption ½ hr. prior to the beginning of lunch service to ½ hr. after the end of lunch service.

Wellness and Nutrition Education

The Nutrition Services staff has a strong commitment to educating our students, staff and families about the importance of healthy eating and physical activity. We will share wellness and nutritional tidbits with families throughout the school year.

Wellness Policy

The LLSA Board of Directors adopted a school-wide Wellness Policy in 2006. Copies are available on request.

2018-2019 Meal Prices

Student Lunch \$2.95

Adult Lunch - Price \$TBA

Milk \$.45

Seconds \$1.40

Free & Reduced Lunch benefits for those students who qualify

Reduced Lunch \$.40

Free – Reduced Lunch Benefits

Other Information

How to Apply for Meal Benefits

Lincoln Lutheran participates in the National School Lunch Program. If a family meets qualifications, free-reduced lunch benefits are available.

2019-2020 Free/Reduced Income

See income chart in Federal Free/Reduced Application, Attachment C.

Application Process

Applications are attached to this mailing or are available from the school office. You may apply at any time during the year.

- If you receive Food Stamps, FDPIR or TANF your child will receive benefits.
- You must supply your case number when completing an application.
- If your total household income is at or below the level shown in the income chart referenced above, your child may qualify for benefits.
- If you have a foster child, that child may be eligible for benefits regardless of your income.

Lincoln Lutheran has access to a Direct Certification System, through which you will receive a letter from the school. *If you do not receive a letter you will need to complete an application.*

If you currently receive benefits, you must reapply every year. *You must complete and return the application to the Lincoln Lutheran office no later than September 23, 2019 to continue the benefits.*

Verification

Your eligibility may be checked by school officials at any time during the school year. You may be asked to send information to prove that your child(ren) should receive benefits.

Fair Hearing

If you do not agree with the decision made in your application process you may wish to discuss it with the school. You have the right to a fair hearing, and may request one by calling or writing:

Scott Ernstmeyer
1100 N 56 St
Lincoln, NE 68504
402-467-5404

Confidentiality

The information you provide on the application will be used only to allow your child to receive benefits and to verify eligibility.

Reapplication

You may reapply at any time during the year. If you do not meet qualifications now but have an income or family size change, fill out an application. Benefits are good for the entire school year.

In the operation of the child feeding program, no child will be discriminated against. If you believe you have been, write to the Secretary of Agriculture, Washington, DC 20250.