

Welcome Back to School

Welcome back to school! Nutri-Serve is excited to start another year at Sterling High School. We are so excited to see your smiling faces, but first, we have a few important updates for the 2022-2023 school year.

There have been many changes over the past few years, and although things continue to remain fluid, we are hopeful that this school year will help usher us into the new normal.

Things may look a little different, but one thing that hasn't changed is the importance of school meals in fueling healthy minds and bodies. We can't wait to welcome you back into the cafeteria!

Why choose school meals?

School meals provide nutritious foods including fruits, vegetables, lean proteins, milk, and whole grains. Consistent exposure to a wide variety of foods not only encourages students to try something new, but also helps build lifelong healthy habits and a positive relationship with food. School meals are also a great value. Each lunch meal comes with a **PROTEIN, GRAIN, FRUIT, VEGETABLE, & MILK**. Breakfast comes with a **GRAIN, PROTEIN/GRAIN, FRUIT, & MILK**. Students must take at least 1 serving of fruit or vegetable, but can select up to 2 servings. Where else can you find that kind of deal?

Where can I find the menus?

Monthly menus are posted online. You can find them at: [Nutrislice | Sterling High School District](#). While we try our best to follow the posted menu, ongoing supply chain issues necessitate substitutions at times. Please contact us if you have questions or concerns about menu changes or product substitutions. We appreciate your patience, understanding, and flexibility as we work to provide nutritious school meals in this challenging and changing environment.

Are school meals still free for everyone?

The federal waiver allowing free meals for all students due to the coronavirus pandemic expired on June 30, 2022. We encourage all parents and guardians to complete a new 2022-2023 Application for Free and Reduced Price School Meals prior to the first day of school.

What if my student has a food allergy or other special dietary need?

We take food allergies and other special dietary needs very seriously and work with you and the school nurse to provide a safe meal to your student. If your student has a food allergy or other dietary need, please let your school nurse know prior to the start of the school year so that an appropriate plan can be put in place. If your student is diagnosed with a new food allergy or dietary need throughout the course of the school year, please update the school nurse as soon as possible.

2022-2023 Meal Pricing

Breakfast

Paid: \$2.25

Reduced: \$0.00

Free: \$0.00

Lunch

Paid: \$3.50

Reduced: \$0.00

Free: \$0.00

a la carte & snack options also available

For your convenience, **online prepayments** are possible using the site www.schoolpaymentportal.com with your child's student ID. Cash or a check can also be applied to your

Wishing you a happy and healthy school year!

Have questions, or just want to say hi? Contact us!

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