





TOWNSHIP HIGH SCHOOL DISTRICT 211 UNITED STATES DEPARTMENT OF EDUCATION BLUE RIBBON SCHOOLS OF EXCELLENCE

Township High School District 211 Food Services



Goal:

The High School District 211 Food Services staff is dedicated to providing the highest quality food and service for students and staff to enhance health, learning, and social environments in our schools.

- Township High School District 211 operates one of the largest independent school food service programs in Illinois.
- More than 9,000 students participate in the lunch and breakfast programs each school day.
- District 211 provides over 190,000 breakfast meals and over 655,000 lunch meals annually.
- District-wide, there are 120 Food Services employees.
- All employees participate in safety and sanitation workshops.
- More than half of the Food Services staff has earned the Illinois Sanitation Certificate.

The Greatest Wealth is Health

- Meals served under the NSLP (National School Lunch Program) must meet nutrition standards established by the USDA.
- Meals are less than 10% from saturated fat and contain zero grams of trans fat.
- All school lunch and breakfast meals are served with the choice of a minimum ¹/₂ cup portion of fruit or vegetables, or up to one cup of fruit and one cup of vegetables.
- Compared to average lunches from home, school lunches contain:
 - Three times as many dairy products
 - Twice as much fruit
 - Seven times as many vegetables
- School lunch participants have substantially lower intakes of added sugars than non-participants.

Every School Lunch Includes Five Great Choices

- MILK fat free or low fat
- VEGETABLES from sweet potatoes to fresh romaine salads
- FRUIT everything from fresh cut melons to locally grown apples
- GRAINS all items are whole-grain rich including breads, pasta, rice, and even pizza crust
- MEAT or meat alternative including white meat chicken, reduced fat beef & bean chili, and legumes



School Breakfast Ensures a Nutritious Start Daily

- Breakfast is served daily.
- District 211's breakfast is a healthy meal that provides low fat milk, whole grains, lean protein, and fruit.
- School breakfast supplies ¼ of the recommended daily allowances a student needs.
- Eating breakfast improves students' classroom performance, test scores, and grades.

Prepayment Option

The food services prepayment option is a convenient way to ensure students have a nutritious lunch every school day. Account balances for underclassmen are carried over to the fall, but graduating seniors may request refunds. Balances may be obtained in the cafeteria or by viewing the online food services prepayment information and logging into the Infinite Campus Parent Portal.

Questions?

- Where can I access the prepayment option? Parents or guardians can submit an online prepayment with a credit card through their Infinite Campus account. Parents will need a username and password to access the online portal. To activate a new account, follow the online instructions.
- *How can I submit a meal application?* Contact your school's food services department or go online to *www.d211.heartlandapps.com* to fill out a school meal application.
- *Where can I view the lunch and breakfast menus?* Menus are available online through the Food Services Department's webpage.

Interested in Food Services Department employment?

Work is generally school days, with competitive starting rates and fringe benefits.



Please apply online at *adc.d211.org*.

Food for Thought

- High School District 211 lunch and breakfast programs have been recognized for excellence by the State Board of Education, Department of Child Nutrition, and the United States Department of Agriculture.
- Each District 211 school has a complete kitchen facility, student cafeteria, and staff dining room.
- Homemade foods are prepared in each school's kitchen – including salads, whole grain rolls, and soups.
- Lunch and breakfast menus are designed to include student favorites.
- Food Service and other school staff coordinate efforts to prepare menus, cafeteria decorations, and promotional items in conjunction with school events, such as homecoming, "Wellness Week," prom, and cultural awareness activities.
- Free and reduced-price meals are provided for students from families who meet federally established income guidelines.
- The Food Services Department cares about the environment; many disposable trays, cups, and utensils have been replaced with permanent ware in cafeterias.

Save money, eat school lunch! On average, it costs less to buy a school lunch than to bring a lunch from home.

What's for Lunch?

Menus are posted in each school cafeteria as well as on the High school District 211 website (*adc.d211.org*). *Below is a typical daily menu:*

ENTREES

Yogurt Parfait Assorted Bistro Boxes Tomato & Mozzarella Salad Assorted Sandwiches All Beef Hot Dog Chicken Caesar Wrap Chicken Alfredo w/ Whole Grain Pasta Burrito / Taco Bar Cheeseburger or Veggie Burger Popcorn Chicken & Biscuit Uno's Pizza

ON THE SIDE (Choose up to four) Broccoli Cuts Fresh Vegetable Sticks Tomato Basil Soup Fresh Salads Chilled or Seasonal Fresh Fruit 100% Fruit Juice