

FOOD SERVICE NEWS

September 2024

Welcome Back!

Welcome to the 2024-2025 school year! Our cafeteria team is excited to serve nutritious and delicious meals that fuel students for success in the classroom and beyond. In this edition, we'll share some updates, tips and exciting news about our school meal program.



Why should your student eat nutritious meals?

School nutrition programs play an important role in ensuring all students receive nutritious lunches which follow federal nutrition standards. School lunches include servings of fruits, vegetables, whole grains, protein, and low-fat dairy. The Lewiston School District food service program is dedicated to nurturing student health and academic success by offering high-quality, nutritious and appetizing meals in a welcoming environment.

Free & Reduced-Price School Meals

Students may qualify for free or reduced-price school breakfast and lunch. A new application must be completed for the 2024-2025 school year. Qualifications are based on the gross income of all household members and the number of persons living in the home. Students may also qualify for school meal benefits based on SNAP, TANF or Medicaid eligibility. Households are responsible for payment of meals until the Free and Reduced-Price Meal Application is approved. Applications may be completed online at <https://lewistonschools.nlappscloud.com>. Paper applications are also available at any school or the district office. Only one application is needed per household. Do not complete an application if you have already received a letter stating that your student qualifies for free or reduced meals. Applications can be submitted at any time during the school year.

Nutrition Tips & Smart Snacking

Starting the day with a balanced breakfast can improve concentration and performance in school. We offer a variety of nutritious breakfast options every morning, including whole grain cereals, yogurt, and fresh fruit.

Encourage healthy snacks like fruits, nuts, and yogurt. These provide sustained energy and help students stay focused during the school day.

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Join Us!

Parents are welcome to join their students for lunch in the cafeteria. Come see what we're serving and enjoy a healthy meal together. Please call the school office to let them know you will be coming for lunch and remember to check in at the front office before heading to the cafeteria.

Contact Us

Have questions or need more information? Contact our Food Service Supervisor, Ellen Watson, at 208-748-3064 or ewatson@lewistonschools.net. We're here to support your student's nutritional needs!

2024-2025 Meal Prices

	Breakfast	Lunch
Elementary	\$1.55	\$2.70
Middle School	\$1.55	\$3.05
High School	\$1.75	\$3.10
Reduced Price	\$.30	\$.40
Adults/Visitors	\$2.85	\$4.95
Student Second Meal		
Milk Only	\$.60	\$.60

What's in Season?



Did you know that the peaches and nectarines that we enjoy this time of year are the result of thousands of years of traditional plant breeding, carried out by cultures around the world (originally starting in Asia)? Apriums are a continuation of this age-old tradition. They're considered a "complex hybrid" resulting from multiple crosses between apricots and plums. The same is true for pluots. However, as their names suggest, apriums are more similar to apricots than plums whereas pluots are more similar to plums than apricots. Give these fruits a try if you see them in your cafeteria this month!