

# Northside Elementary Milk Break Program 2020-2021

Milk is such an important part of our student's healthy eating that the Northside Elementary School (K-5) offers milk break to all students. Parents can pay for milk break per trimester or for the whole year. This is offered at a discounted price to make it more affordable for all families. The cost is as follows:

Milk Break costs: \$20 per trimester per student or \$60 per year per student

*Kindergarten students have an opportunity for two milk breaks.  
One is paid for by the State of Minnesota, the other is paid for by the parents.*

## Northside Elementary School Healthy Snack Program

Our Healthy Snack Program started with a SHIP Grant that we received in April, 2010. The purpose of the program is to encourage students to eat healthier options as much as possible. It has been shown that a child who is offered a variety of fruits and vegetables at a young age, tend to consume more as they grow up. As adults, they tend to lead healthier lives. This works well with the USDA Guidelines and our students have responded by eating almost 50% more of fruits and vegetables during lunch.

The snacks may include fresh fruit (oranges, apples, grapes), fresh vegetables (carrots, broccoli, celery, cucumbers, peppers, tomatoes) and ranch dip may be added. Other items offered are cheese sticks, yogurt, salsa/chips, sunflower seeds, and many other items. We do follow special diet and allergy requests.

We designed this program to cover the minimal costs so that families pay the least amount as possible. This program is not mandatory, but we encourage parents to try this program to help their child have the best future possible by teaching them to eat healthy.

Snack Break costs: \$30 per trimester per student or \$90 per year per student

***These programs are not covered under the Free and Reduced Lunch Program  
and are paid for by the parents.***

**Thank you for participating in these programs!** Jeanine Bowman, Food Service Director

**Please fill out this form and return it with payment to the Food Service Department. Thank you!**

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provider.

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# 2020-2021 Milk Break & Healthy Snack Programs Payment for Northside Elementary

Parents /Family Name \_\_\_\_\_

Student Name \_\_\_\_\_ Grade \_\_\_\_\_ Teacher \_\_\_\_\_

- Milk Trimester (\$20) \_\_\_\_\_ Year (\$60) \_\_\_\_\_
- Healthy Snack Program Trimester (\$30) \_\_\_\_\_ Year(\$90) \_\_\_\_\_
- Both Milk & Snack Program Trimester (\$50) \_\_\_\_\_ Year(\$150) \_\_\_\_\_

Student Name \_\_\_\_\_ Grade \_\_\_\_\_ Teacher \_\_\_\_\_

- Milk Trimester (\$20) \_\_\_\_\_ Year (\$60) \_\_\_\_\_
- Healthy Snack Program Trimester (\$30) \_\_\_\_\_ Year(\$90) \_\_\_\_\_
- Both Milk & Snack Program Trimester (\$50) \_\_\_\_\_ Year(\$150) \_\_\_\_\_

Student Name \_\_\_\_\_ Grade \_\_\_\_\_ Teacher \_\_\_\_\_

- Milk Trimester (\$20) \_\_\_\_\_ Year (\$60) \_\_\_\_\_
- Healthy Snack Program Trimester (\$30) \_\_\_\_\_ Year(\$90) \_\_\_\_\_
- Both Milk & Snack Program Trimester (\$50) \_\_\_\_\_ Year(\$150) \_\_\_\_\_

Student Name \_\_\_\_\_ Grade \_\_\_\_\_ Teacher \_\_\_\_\_

- Milk Trimester (\$20) \_\_\_\_\_ Year (\$60) \_\_\_\_\_
- Healthy Snack Program Trimester (\$30) \_\_\_\_\_ Year(\$90) \_\_\_\_\_
- Both Milk & Snack Program Trimester (\$50) \_\_\_\_\_ Year(\$150) \_\_\_\_\_

Student Name \_\_\_\_\_ Grade \_\_\_\_\_ Teacher \_\_\_\_\_

- Milk Trimester (\$20) \_\_\_\_\_ Year (\$60) \_\_\_\_\_
- Healthy Snack Program Trimester (\$30) \_\_\_\_\_ Year(\$90) \_\_\_\_\_
- Both Milk & Snack Program Trimester (\$50) \_\_\_\_\_ Year(\$150) \_\_\_\_\_

***Please return this sheet with attached payment to the Food Service Dept.***

***Thank you!***