

~Food Service Links~

~ Meal Prices

Breakfast & lunch is free to all students

[Meal charge and debt collection policy](#)

[Pay Lunch Bills Online Through Infinite Campus](#)

Please check out the links below for more information regarding our Sebeka School nutrition program. See the different ways that you can become involved in your child's health and wellbeing at school!

~Fun little tidbits of information~

[Smart Snacks Product Calculator](#) (How does your snack fit into healthier food choices)

[No Kid Hungry](#)

[Parents for Healthy Kids](#)

[Parents for Healthy Schools](#)

[Breakfast nutritional info](#)

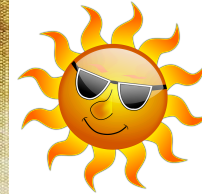
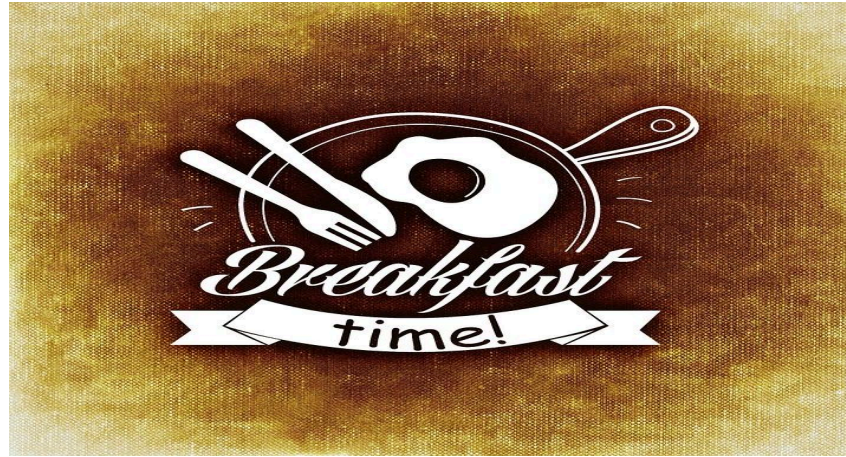
[Lunch Nutritional profiles](#)

[Eat Healthier](#)

To contact our Nutrition Manager: **Chris Burlingame** 218-837-5101 Ext. 142 or email at...
cburlingame@g.sebeka.k12.mn.us

To contact our Business Office: **Holly Paulson/Laura Kimball** 218-837-5101 ext 121

For more information and the current menu, please continue to scroll down



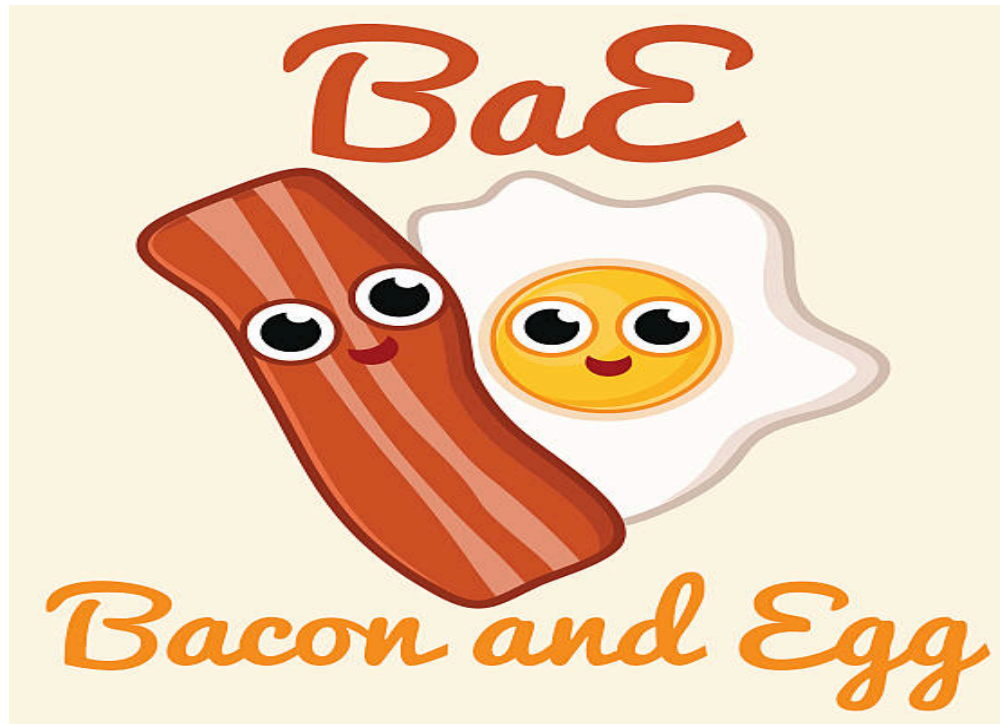
Breakfast is often skipped when your morning starts off on a stressful note. Students that skip breakfast tend to have trouble focusing and this makes learning difficult. For the wellbeing of our students, we will continue to offer school breakfast to all students each weekday morning from 7:45 AM-8:20 AM.

Our School Breakfast Program is available to all students every weekday morning at no charge. It is an easy, nutritious way for students to get the energy boost their bodies and minds need so they're ready to focus and learn during the day. Research shows that children who eat a healthy breakfast perform better physically, emotionally and academically. Studies show students have fewer behavioral issues, fewer absences, and fewer visits to the nurse's office, compared to students who do not start their day with breakfast.

We thank you for helping us make sure that all of our students start the school day with a healthy breakfast.

Healthy meals, make Healthy Students.....Physically, Emotionally and Academically.

BREAKFAST SCHEDULE



When:

7:45 AM High School Breakfast starts Ends @ 8:20 AM

8:00 AM Grades 4-6th Breakfast starts Ends @ 8:20 AM

Where: _____

Students Grade K-3 eat in their classroom.

Students Grade 4-6th eat in the Multi Purpose room.

Students Grade 7-12 eat in the High School Cafeteria.

Cost: _____

All **STUDENTS** in **ALL** grades will receive a **FREE** breakfast each morning!

Staff & Parents: \$1.80



LUNCH SCHEDULE



When:

7 & 8 Grade: 11:10 - 11:35

6th Grade: 11:15 - 11:40

5th Grade: 11:20 - 11:45

4th Grade: 11:25 - 11:50

Kindergarten: 11:00 - 11:25

1st Grade: 11:10 - 11:35

2nd Grade: 11:15 - 11:40

3rd Grade: 11:20 - 11:45

Seniors, Juniors, Sophomores & Freshman: 12:05 - 12:30

Where:

K- 6 students eat in the Multi Purpose room.

7-12 Students eat in the High School Cafeteria & Commons area.

Cost:

Students: K-12; FREE

Staff & Adults: \$3.75

AFTER SCHOOL SNACK

Sebeka Public School Dist 820 Food Service Department will be offering an after school snack every Tuesday and Thursday during Targeted services.

TS students will have their meal delivered to their room.

Meals are available to all participants without regard to race, color, national origin, sex, age or disability.

For more information, please contact Chris Burlingame, Nutrition Manager, Sebeka Public School District 820. 218-837-5101 ext 142 cburlingame@g.sebeka.k12.mn.us



In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form, \(AD-3027\) found online](#) at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410 (2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov

This institution is an equal opportunity provider.

