

Rockwood Child Nutrition: Elementary Lunch

Helping Students Make Healthy Food Choices



Rockwood Child Nutrition understands that parents and schools are partners in the health and wellness of children.

The NutriKids system provides parents information about a student's meal choices, along with payment options.

NutriKids offers parents a secure, family-friendly online system with important features and benefits:

- 24/7 access to accounts and the balances
- Secure online payments through credit/debit cards and PayPal accounts. CNS encourages payments of \$50 or more.
- Itemized purchase history up to 30 days can be viewed in online account
- Automatic notification sent to e-mail when balances are low

Parents can sign-up for a NutriKids account when they visit the Web site: mynutrikids.com.

What's for lunch?

Rockwood lunch includes all five food groups. Secondary students have many choices when selecting their complete meal:

1: Entree: choose one

Examples include the following:

- Daily entree special**
- Deli sandwich**
- Grilled cheese sandwich**
- Snack pack (crackers and cheese)**

2: Fruit and Vegetables: choose two

Examples include the following:

- Canned, fresh or frozen fruit selection**
- Hot vegetable of the day**
- 100% fruit juice**

3: Milk: choose one

Examples include the following:

- Skim white, chocolate, vanilla, cookies and cream or strawberry milk**

4: Bread/Grain: choose one

Examples include the following:

- Rice, pasta salad or noodles**
- Rolls or a bread stick**

Lunch may be purchased for \$2.40. Super lunch is \$2.55 - and includes an entree upgrade.

Bottled water (10 oz.) may be purchased for .60 cents in elementary school cafeterias.

Learn more on the Rockwood Child Nutrition web page, including monthly menus and the nutrient analysis: www.rockwood.k12.mo.us.