

# Rockwood Child Nutrition: Secondary 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](http://mynutrikids.com).

Find out more about school meals, including monthly lunch menus and the nutrient analysis, on the Child Nutrition Web page: [www.rockwood.k12.mo.us](http://www.rockwood.k12.mo.us).

### 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  
Pizza  
Grilled chicken  
Cheeseburger  
Peanut butter and jelly sandwich  
Deli sandwich  
Hot dog  
Specialty salad

#### 2: Fruit and Vegetables: choose two

Examples include the following:  
Veggie boat (fresh vegetables with dip)  
Canned, fresh or frozen fruit selection  
Hot vegetable of the day  
Mashed potatoes and gravy (M,W, F)  
French fries/sweet potato fries (T,Th)  
Side salad  
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 \$2.55. Super lunch is \$2.85 - and includes an entree upgrade.

**Ala carte items are available for an additional charge, and the prices are found on the Rockwood Child Nutrition Web page.**