

KINGSTON EATS! (AT SCHOOL!)

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Kingston City School District

USDA guidelines regulate what we can and cannot serve as part of the National School Lunch Program

Our snacks are also regulated under the “smart snacks” program. Snacks sold must fit certain nutritional guidelines such as being low sodium, whole grain, or reduced sugar.

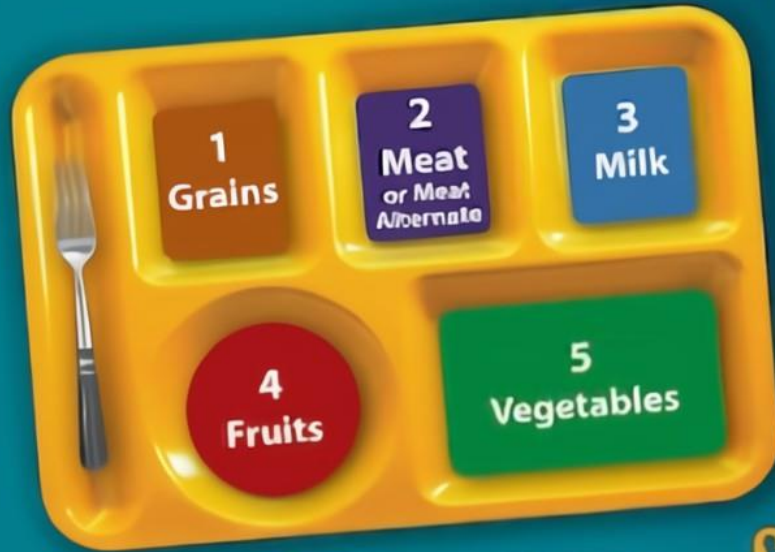
Offer VS Serve: Students are always offered a variety of items, only 3 must be served as part of a meal (with one item being a fruit or vegetable)

Lunch Program

OFFER VS SERVE

The Five Meal Components for School Lunch

Choose at least 3 including:



• $\frac{1}{2}$ Cup of **Fruits** or **Vegetables**

• At Least 2 **Other Food Groups**

For best nutrition, **CHOOSE ALL 5**

- Students **must** select a fruit or vegetable as part of their meal. If not, the meal must be charged for, as we cannot be reimbursed for a la carte items individually.
- Students with specific dietary restrictions or needs should contact the nurse at their school. There is a required form to fill out with any required substitutions we should carry.
- If a student really enjoys an option or does not- we encourage them to rate items on our Mealviewer website!

| INFO ALLERGENS X | LUNCH | English | DECEMBER 2024 | | | | |
|---|---|--|---|--|--|--|--|
| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | | |
| Daily | 2 | 3 | 4 | 5 | 6 | | |
| Fruit Options Breakfast, Lunch | Kingston City School District Middle ... | Kingston City School District Middle ... | Kingston City School District Middle ... | Kingston City School District Middle ... | Kingston City School District Middle ... | | |
| Banana Fresh Apple Fresh Peach Fresh Pear Orange Cupped Peaches Mixed Fruit Cup Green Grapes Cupped Pears Pineapple Tidbits in Juice | ENTRÉE Whole Wheat Bagel Pizza Pepperoni Slices VEGETABLE Multicolored Carrot Sticks Multicolored Steamed Carrots CONDIMENTS Ranch Dressing | ENTRÉE Beef Taco meat Shredded Cheddar Cheese Whole Wheat Tortilla 6" VEGETABLE Lettuce CONDIMENTS Hot Sauce Taco Sauce Sour Cream | ENTRÉE Baked Chicken VEGETABLE Curry Vegetables WHOLE GRAIN Steamed Brown Rice | No school | ENTRÉE French Toast Sticks Whole Grain Breakfast Sausage VEGETABLE Rainbow Potato Home Fries with Onions and Peppers CONDIMENTS Ketchup | | |
| Everyday Options Lunch | 9 | 10 | 11 | 12 | 13 | | |
| Beverage Options Lunch | Kingston City School District Middle ... | Kingston City School District Middle ... | Kingston City School District Middle ... | Kingston City School District Middle ... | Kingston City School District Middle ... | | |
| Nutrition Calculator Your meal's nutrition information Use this new tool to quickly choose food items and see the nutritional calculations! | ENTRÉE Whole Wheat Bagel Pizza Pepperoni Slices VEGETABLE Crunchy Broccoli Steamed Broccoli CONDIMENTS Ranch Dressing | ENTRÉE Chicken and Cheese Taquitos BURRITO BOWL Refried Beans VEGETABLE Oven Roasted Cauliflower CONDIMENTS Sour Cream Salsa | ENTRÉE Veggie Nuggets with whole grain breading VEGETABLE Crunchy Broccoli Steamed Broccoli CONDIMENTS BBQ Sauce Ketchup Honey Mustard | ENTRÉE Chicken Dumpling Soup VEGETABLE Stir Fried Vegetables Chopped Scallions Vegetable Egg Roll | ENTRÉE Chicken Tenders with whole grain breading VEGETABLE Crisp Cucumber Coins Roasted Butternut Squash CONDIMENTS Ketchup BBQ Sauce Honey Mustard | | |
| Let's add it up → | 16 | 17 | 18 | 19 | 20 | | |
| Looking for support understanding the | Kingston City School District Middle ... | Kingston City School District Middle ... | Kingston City School District Middle ... | Kingston City School District Middle ... | Kingston City School District Middle ... | | |
| | ENTRÉE All Beef Hot Dog Made in NY State Hot Dog Bun whole grain VEGETABLE Celery Sticks | ENTRÉE Cheese Quesadilla VEGETABLE Seasoned Black Beans and Corn CONDIMENTS | ENTRÉE Hot Turkey Ham and Cheese on a WG croissant Roasted Chickpea Salad with locally grown greens VEGETABLE Sweet Potato Fries | ENTRÉE Turkey Cubes and Gravy Holiday Dessert FRUIT Cranberry Sauce | ENTRÉE Whole Wheat Bagel Pizza Pepperoni Slices VEGETABLE Mixed Vegetables | | |

- Mealviewer is our new addition to the KCSD website. The menu for each day is listed, along with nutritional information

- Students can click on each item and rate them, favorite them, and even see what ingredients they have.

- Logging in with your MySchoolBucks username will allow you to save settings and items. You can also print the menu if you'd like to post it on your fridge at home!

- On the left bar, you can see daily options and links to the Kingston Wellness website. Our harvest of the month is featured here too!

- The menu can be translated from English to Spanish using the menu at the top of the page.

- Each grade level has its own menu, as the portion sizes or options often differ between ages of students.

Breakfast Program



Like the lunch program, students must take a fruit or vegetable option for breakfast. Juice also counts as a fruit!

Breakfast items change daily and always include variety cereal and oatmeal as an option.

“Breakfast after the Bell” means that we offer breakfast “to go” as well, so students who may have missed regular breakfast service can still grab something to start the day with.

Beyond the Cafeteria

Our foodservice program affects the community in more ways than just breakfast and lunch service at school!

- Supporting school food pantries
- Summer Parks Program
- Being active Health and Wellness Committee members
- Backpack Program
- Fresh Fruit and Vegetable Program
- Taste testing at schools
- Wild Earth Snacks
- Reading and Writing Program
- Tops Program
- Catering events for school staff training/parent conferences
- Supporting Hudson Valley Farmers by purchasing and serving their produce
- Students who eat well- learn well!
- Healthy foodservice at school helps youth grow into healthy adults within our community.



Local Sourcing

- Considering both cost and quality, we try to source locally produced products
- Some of our local sources and brands are listed below:

Dagele Brothers Produce

Zafar Produce

Ginsberg Foods

Hudson Valley Farm Hub

Hurd Apples

Slate Foods- NY Meats

Rondout Valley Growers

Upstate Farms Yogurt

Hudson Valley Fresh Milk

Hudson Harvest

Obstacles and Barriers we face

- Meeting and exceeding USDA and NSLP guidelines pertaining to sugar, sodium, saturated fat, trans fat, and serving sizes
- Most of the school kitchens are small, all production is completed at the Central Kitchen
- Once prepared the food gets delivered to each school daily
- We serve over 5000 meals daily to staff and students
- Our budget is independent from the district budget
- Limiting Waste when preparing food
- Preventing overproduction
- Purchasing from vendors with awarded bids
- Local Foods are generally more costly
- Weather changing our menu plans and delivery days
- Maintaining equipment and repairs
- Vendors not having items in stock
- Hiring and Training staff on food production
-

We are hiring!

All are welcome to apply to the foodservice department!

We have many staff who have been here 20+ years!

Perks include:

- Paid Snow days
- Holidays, weekends, and evenings spent with friends and family
- Learning how to prepare some of the tasty options we have!
- Free T shirts with fun food slogans and pictures
- Working as part of a wonderful team!

We have various schedules available, and driver positions if you'd prefer to stay out of the kitchen! Substitutes are always needed, and being a substitute allows for a very flexible schedule.