

## Welcome to the Clarion-Goldfield-Dows Community School District's CHILD NUTRITION PROGRAM!

The Child Nutrition Program offers nutritious breakfasts and lunches for Clarion-Goldfield-Dows students. Proper nutrition is fundamental for the success of academic programs.

Our meals meet the new USDA Nutrition Standards, which requires the following:

- Age-appropriate calorie limits
- Larger servings of vegetables and fruits (students must take at least one serving)
- A wider variety of vegetables, including dark green and red/orange vegetables and legumes
- Fat-free or 1% milk (flavored milk must be fat-free)
- More whole grains
- Less sodium

### Build a Healthy Lunch



Check out the “Meal Requirements” page to learn more about school meal requirements.

The new requirements build on the work we have already been doing to provide more fruits, vegetables, whole grains and healthier main dishes in our cafeteria. Now is a great time for students to choose school breakfast and lunch!

Click on the Calendars link on the top of the Clarion-Goldfield-Dows Community Schools home page to see the monthly menus for breakfasts and lunches. Please remember that all menus are subject to change.

### Contact Information

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Michelle Kurfman - Food Service Director  
Tori Etter - Nutrition Secretary  
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Clarion, Iowa 50525  
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### Federal Non-Discrimination Statement (This explains what to do if you believe you have been treated unfairly.)

“The U.S. Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual’s income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the department. If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found at [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html) or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S. W., Washington D.C. 20250-9410, by fax (202) 690-7442 or email at [program.intake@usda.gov](mailto:program.intake@usda.gov). Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.”

### Iowa Non-Discrimination Statement

“It is the policy of this CNP provider not to discriminate on the basis of race, creed, color, sex, sexual orientation, gender identity, national origin, disability, or religion in its programs, activities, or employment practices as required by the Iowa Code section 216.7 and 216.9. If you have questions or grievances related to compliance with this policy by this CNP Provider, please contact the Iowa Civil Rights Commission, Grimes State Office Building, 400 E. 14th St., Des Moines, IA 50319-1004; phone number 515-281-4121, 800-457-4416; web site: <https://icrc.iowa.gov/>.”

## MEAL REQUIREMENTS

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Schools across the United States offer meals to their students that meet the reimbursement guidelines from the United States Department of Agriculture (USDA). School meals are priced as a unit. Our school district receives federal and state reimbursement to offset our costs when a complete reimbursable meal is purchased.

TO GET THE MOST FOR YOUR MONEY, ENCOURAGE YOUR CHILD(REN) TO PURCHASE A COMPLETE SCHOOL MEAL.

For **BREAKFASTS**, students may choose: 1 serving Milk (1/2 pint fluid milk)  
1 serving Fruit juice OR fruit;  
a vegetable may be offered in place of fruit  
1 or 2 servings Grain  
*plus a Meat/Meat Alternate may be substituted in place of part of the grain component AFTER the minimum daily grains requirement is offered or a Meat/Meat Alternate may be offered as an extra food*

At least four food items are offered daily, and students must select three food items **with one being a fruit and/or vegetable** (1/2 cup minimum), for their breakfast to be at the reimbursable school breakfast rate. If they only choose two food items, **or do not take a fruit or vegetable**, then we must charge for each item separately, as their selections would not meet the USDA's requirements for a complete reimbursable school breakfast.

Example: **Menu**                      **Student selects:**  
Cheerios                      Cheerios  
Yogurt                      Yogurt  
Orange Slices              Orange Slices  
Milk                      *This is a reimbursable breakfast!*

For **LUNCH**, students may choose: 1 serving Milk (1/2 pint fluid milk)  
1 serving Fruit  
1 serving Vegetable  
1 serving Grain  
1 serving Meat/Meat Alternate

If students choose at least three components (milk, fruit, vegetable, grain, meat/meat alternate) **with one being a fruit and/or vegetable** (1/2 cup minimum), their lunch will be at the reimbursable school lunch rate. If they only choose two components, **or do NOT take a fruit or vegetable**, we must charge for each item separately, as the selections would not meet the USDA's requirement for a complete reimbursable school lunch.

Example: **Menu**                      **Student selects:**  
Hamburger                      Hamburger  
Whole Wheat Bun              Whole Wheat Bun  
Romaine Lettuce              Apple Slices (1/2 cup)  
Tomato Slices                      Milk  
Apple Slices                      *This is a reimbursable lunch!*  
Milk

***[PLEASE NOTE: Students eligible for Free or Reduced Priced meals must take a complete (reimbursable) school meal in order for the Free/Reduced rates to apply.]***

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## 2015-2016 MEAL PRICES

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Below are the Clarion-Goldfield-Dows school meal prices for the 2014 - 2015 school year:

Student Breakfast: \$1.65 (all grades)

Adult Breakfast: \$2.05

Student Lunch: \$2.10 (Grades PrepK-5); \$2.30 (Grades 6-12)

Adult Lunch: \$3.40

Single Milk: \$0.35

## 2015-2016 FREE & REDUCED PRICE SCHOOL MEALS

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If your total household income is within the limits listed in the table below, your children may be eligible for either FREE or REDUCED-PRICE school meals.

The Iowa Eligibility Application materials – Parent Letter, Instructions and Free & Reduced Price Meals Application – are available from the Elementary, Middle School and High School secretaries and the District Office.

Application materials are also located online. These materials are provided in pdf format and require Adobe Reader to open. For more information contact the Nutrition Secretary.

If your child/children qualify, you may also be eligible for food assistance benefits from the State of Iowa, Department of Human Services (DHS). For information about these benefits, contact 1-877-937-3663 (1-877-YES-FOOD) or apply online at [www.yesfoodiowa.gov](http://www.yesfoodiowa.gov).

HOUSEHOLD SIZE	FEDERAL INCOME CHART				
	Yearly	Monthly	Twice per Month	Every Two Weeks	Weekly
1	21,775	1,815	908	838	419
2	29,471	2,456	1,228	1,134	567
3	37,167	3,098	1,549	1,430	715
4	44,863	3,739	1,870	1,726	863
5	52,559	4,380	2,190	2,022	1,011
6	60,255	5,022	2,511	2,318	1,159
7	67,951	5,663	2,832	2,614	1,307
8	75,647	6,304	3,152	2,910	1,455
For each additional person:	7,696	642	321	296	148

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## DISABILITY AND FOOD ALLERGY INFORMATION

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If your child has a disability or life-threatening food allergy and you would like a substituted menu, you will need to obtain and complete the Diet Modification Request for Foods Served Through Child Nutrition Programs of Clarion-Goldfield-Dows Community School District form. This form is available by calling or visiting the office of the Nurse at the school your child attends or from the school website.

If your child has a disability, this form will need to be signed by a physician (M.D., D.O. or Chiropractor) licensed by the State of Iowa. If your child has a medical condition, but not a disability, then the form may be signed by any recognized medical authority. Please return the completed form to the nurse at the school where your child attends.

### REQUESTS FOR SPECIAL DIETS MUST BE UPDATED AND SUBMITTED ANNUALLY.

The *Diet Modification Request Form* is available from the Elementary/Middle School and High School Nurses. It is also available online on the Clarion-Goldfield-Dows website (in the Lunch Program section under the Information tab on the home page). The online form is provided in pdf format and requires Adobe Reader to open.

### Contact Information

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#### Elementary/Middle School

Katie Stecher  
319 3rd Ave NE  
Clarion, IA 50525  
Phone: 515-532-2463

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#### High School

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