

# Newsletter ~ Fall 2023

## WELCOME BACK!

- The Child Nutrition staff are excited to start serving breakfast and lunch to the students! Below is a list of kitchen staff by school:
- Mountain Way Elementary:
  - Doni, Kelli & Chelsea
- Monte Cristo Elementary:
  - Nichole, Becca & Roxy
- Middle School:
  - Vivianne, Jill & Chelsea
- High School:
  - Tanya, Brenda & Kit
- Crossroads/Open Doors:
  - Marianne & Holly

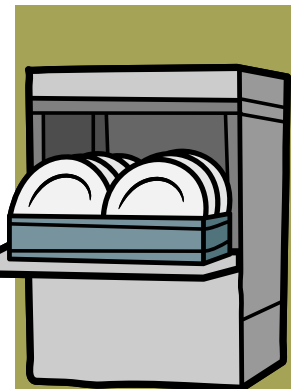
### DID YOU KNOW?

Students getting breakfast are required to take a 1/2 cup of fruit and/or fruit juice as part of their meal?

and...

Students getting lunch are required to take a 1/2 cup serving of fruit and/or vegetable?

Thank you for letting your child know about this USDA requirement



Thanks to an OSPI Grant, Child Nutrition was awarded, the Middle School is getting a brand new dishwasher!



## Changes for the 23-24 School Year



3rd, 4th & 5th Graders, at Monte Cristo Elementary, get free breakfast & lunch



Students attending Crossroads and Open Doors get free breakfast & lunch



Prices for paid school meals are increasing by 25 cents. Updated prices are shown below

The 23-24 SY Free & Reduced from is available here:  
<https://www.gfalls.wednet.edu/Page/111>

## 2023-24 School Meal Prices

Mountain Way Elementary

Breakfast: \$2.00  
Lunch: \$3.25

Monte Cristo Elementary

3rd, 4th & 5th  
FREE breakfast &  
FREE lunch

Middle School

Breakfast: \$2.00  
Lunch: \$3.50

High School

Breakfast: \$2.00  
Lunch: \$3.50

Crossroads &  
Open Doors

FREE breakfast &  
FREE lunch

## Follow us on Facebook:

<https://www.facebook.com/gfsdchildnutrition>