

NASSAU FUEL FOR SCHOOL



BACK TO SCHOOL 2025-2026

BREAKFAST- BETTER AT SCHOOL!



Studies show breakfast is more effective if eaten at school, and closer to instructional time. A morning meal boosts a child's attention span, concentration, and memory. We offer the same name brands you buy in the grocery store -with reduced sugar, fat, and sodium! Breakfast is considered to be the most important meal of the day!

EXTRAS FOR SALE TOO!



Your student can purchase extras at the register (items may differ from school to school.) You can add money for these items - or make restrictions - on the Linq app.

Or, you can send money or check with your student in addition to a note to your child's cafeteria with permission to purchase and instructions on what and when they can and can't purchase, and the amount .

These extra items are different than what you find in the store - they meet federal smart snack nutrition standards and are whole grain, reduced sugar, fat and sodium!

Some smart snack items include ice cream, chips, cookies, rice krispy treats, fruit snacks, and bottled water.

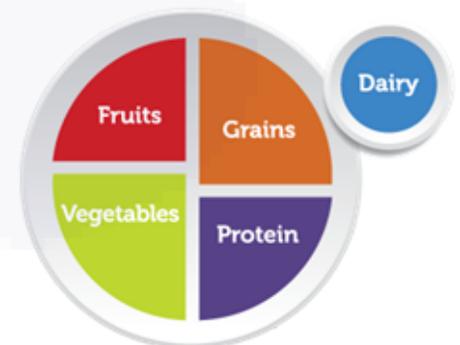


WHAT MAKES A FULL MEAL?

At lunch students can choose from at least two hot entrees and one cold entree daily, fresh fruit, 100% juice, milk, and unlimited vegetables - including a garden salad featuring fresh from Florida vegetables. We offer all-beef patties, all-natural turkey, and white meat chicken - the same big brands you buy in the grocery store in addition to locally sourced products as much as possible.

All meals offer the 5 food groups or components:

- 1. Bread or Grain
- 2. Meat or Meat Alternative
- 3. Vegetables
- 4. Fruit (includes 100% Fruit Juice)
- 5. Milk (Fat-Free Flavored or Low-Fat Plain Milk)



Students need at least 3 of the 5 components at lunch to make a complete meal; one of the components must be at least ½ cup of either a fruit or a vegetable.

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FEEDING BODIES, HEARTS, AND MINDS... ONE CHILD AT A TIME!

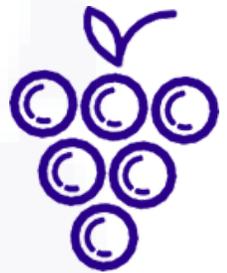
SCHOOL MEALS AT THE PALM OF YOUR HAND

Make sure to join us in the cafeteria or at one of our Grab & Go carts! All menu items are tested, kid-approved & meet strict nutrition standards that align with the Dietary Guidelines for Health Americans to ensure your child is properly fueled for learning!



View menus and meal prices, make online payments, add restrictions, apply for free/reduced lunch, or set up low balance alerts all from your phone!

Download the FREE smartphone app (search LINQ Connect) or visit <https://linqconnect.com/> to set up your parent or student account.



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