



Prairie Winter Sports Season Has Begun

Be a part of the excitement this winter and catch the Prairie Hawks in action! Cheer on our girls' and boys' basketball teams, our bowling and wrestling squads, and the Prairie boys participating as a part of the Jefferson boys swim team. Don't miss the Prairie Girls Wrestling dual meet on Thursday, November 21st at 6:15 PM (JV) and 7:00 PM (Varsity). Girls basketball tips off their season with a home scrimmage against Davenport North on Friday, November 22nd. You can find the full calendar for home and away events and purchase tickets on [Bound](#).

Employment Opportunities

We're always looking for dedicated individuals ready to make an impact across the district. Whether it's working directly with students or in a support role with operations, Prairie staff make a difference in student lives. *View our full list of vacancies and apply [here](#).*

Weather Information and Notifications

During the winter season, be mindful that delays and cancellations are probable. As early as possible, weather and road condition information is gathered from various sources, including city, county, state agencies, meteorologists, and personal inspection by school personnel. The safety of our students and employees is the overriding, deciding factor when canceling or delaying school. For early morning delays or cancellations, the district makes every effort to notify parents around 5:30 AM.

Announcements of College Community weather-related decisions are communicated by the Community Relations Office through multiple CCSD communication platforms such as a text, email, call, website notification, and local media outlets.

[Click Here](#) for additional weather-related information.

Foods & Nutrition

Understandably so, what is considered healthy widely varies from person to person. That being said, at Prairie, we are required to participate in the National School Breakfast and Lunch Program. This means that our school lunches offer well-balanced meals that always include protein, whole grains, milk, fruits, and vegetables. Our breakfasts always include

whole grains, fruits, and milk- we can also add in meat/ meat alternate items daily. Our foods and recipes are specially formulated to meet the regulations of school meal programs. While many items appear to be similar to items in stores, many are not available for purchase in stores. We are held to strict nutrition standards and we are regulated by county, state, and federal government agencies. School meal programs are the most heavily regulated food program in the nation. (More than SNAP, WIC, hospitals, nursing homes, daycares, etc.) Our meals are geared to appeal to children while providing well rounded nourishment consistent with the 2020-2025 Dietary Guidelines for Americans.

In addition to the guidelines above, our meal program also makes accommodations for special diets as prescribed by an Iowa licensed, prescribing medical professional. Examples of this are diets that are dairy free, egg free, gluten free, soy free, peanut/ tree nut free, fish/shellfish free, poultry free, beef free, pork free, pureed meals and other texture modifications, and various combinations of the above. Obviously, students do know how to eat but a surprising number of students are not familiar with bone-in chicken, roast beef, and casseroles and may be unsure of how to approach them. We are working to expose every child to these options. When we have items that are not popular, we try to have samples of the item so students can try something new without having to commit to a full serving. Research shows that it takes an average of 10 times of an item being offered before it is accepted by children.

Often we take the small wins and hope to reach bigger wins as we go forward. A benefit of the regulations we are required to follow, is our option to utilize a program called offer vs. serve. Offer vs. serve allows students to choose what is on their tray. For lunch, we offer 5 components and students can refuse up to two components as long as they take a 1/2 cup serving of fruit/vegetable. [This short video helps to explain Offer vs. Serve.](#)

- Menus are planned and calculated to meet all targets using specialized software to ensure compliance.
- Weekly, to meet our vegetable crediting, we are required to offer to every student: 1 1/4 cups of red orange vegetable, 1/2 cup of dark green vegetables, 1/2 cup of starchy vegetable, 1/2 cup of beans/peas/ legumes, 1/2 cup of other vegetable. (We allow students unlimited access to fruits and vegetables.)
- Weekly, to meet our fruit requirement for lunch, we offer at least 5 cups of fruit to each student. Add in another 5 cups for breakfast per student per week.
- Weekly we offer each student at least 10 oz equivalents of whole grains for lunch. Add in another 8-10 oz equivalents of whole grains for breakfast.
- Weekly we offer each student 8-12 oz equivalents of meat or meat alternate items for lunch. We can also offer at least 5 oz equivalents of meat or meat alternate for breakfast. (Such as eggs, yogurt, low fat-reduced sodium chicken sausage.)
- We follow strict sodium restrictions. Sodium restrictions will continue to decrease for years to come.
- In order to meet required regulations, we do not add salt or fat to foods and we limit condiment servings.

- We are working to implement recipes to prepare condiments from scratch to lessen sodium and offer cleaner products.
- We are updating old recipes and adding new scratch recipes and will continue to expand as we are able to create recipes that meet all of the regulations and that our students will eat. We are currently limited to less labor intensive menu options in many of our buildings due to staff shortages.
- 80% of all grain items served must be whole grain rich. (This includes everything from the breading on chicken drumsticks, to crackers, brown rice, whole grain pasta, whole grain pizza crust, whole grain donuts, etc.)
- All foods are reduced in sugar- especially yogurts and cereals. (Next year, sugar amounts are being lowered further.)
- Dyes have been removed from almost all of our items and replaced with natural ingredients.
- We offer fresh fruits and vegetables almost everyday of the school year.
- We partner with local producers to offer local fruits, vegetables, and dairy. We have offered items such as sweet corn, grape tomatoes, kale, squash, apples, kiwiberries, yogurt, cheese, mixed vegetables, brussel sprouts, and dried apple chips.
- Our foods do not contain trans fats and nothing is fried. Saturated fats are <10% of total calories.
- 8 oz. cartons of skim and 1% milk are available at every meal.
- Water is available for every meal.
- All of our food items are Buy American compliant with the exception of tropical fruits and produce items when items are not available in the USA due to winter, natural disasters, or crop failure.
- We utilize meats and poultry items that are reduced fat whole muscle and free from antibiotics. We use fresh ground beef for our burger patties, taco meat, chili, etc.

We must accomplish all of this with a food budget of approximately \$1.30 per lunch. The remaining funds from the purchase price of a meal covers labor and operating expenses. Our program is non-profit. I am always open to menu ideas and suggestions. I also encourage you to speak to our state and federal representatives in Congress and Senate if you would like to see change in school meals. I have included quite a bit of information but there is more below, if you want it. If you have questions for me, please reach out anytime!! My email address is vscott@crprairie.org and my phone number is 319-848-5337.

[Meal Standards- Lunch](#), [Meal Standards- Breakfast](#), [Sodium Limits](#)

[Grains Chart](#), [Vegetable Sub Groups](#)

Richard B Russell National School Lunch Act

[Code of Federal Regulations: Child Nutrition](#) (Lunch)

[Code of Federal Regulations: Child Nutrition](#) (Breakfast)