

## Update on Power Pack Lunches

We had no idea how popular our new Power Pack lunches would be! That's the good news. However, our food vendor is trying to keep up with demand and we have had to replace some items that were listed on the top of the Aug/Sept School Lunch Menu online under Child Nutrition at [www.bismarckschool.org](http://www.bismarckschool.org). The menu also states that all items are subject to change.

Items typically found in a Power Pack	Similar items we have substituted
Sunflower seed nuts (Vit. E, minerals, unsaturated fat, 5 grams protein)	Cheese stick (Vit. D, calcium, 6 grams protein)
Yoplait Trix Yogurt (Vit. D, calcium, 4 grams protein)	Another yogurt (same nutritional value)
Cinnamon crisps (whole grain rich, 2 grams fiber, 2 grams protein)	Breakfast round (whole grain, 6 gr. fiber, 4 protein) Goldfish crackers (whole grain, 2 gr. fiber, 2 protein) Benefit bar (whole grain, 3 gr. fiber, 2 gr. protein) Fresh fruit or frozen fruit cup (Vitamin A & C; fiber)

\*Optional: students can get veggies from salad bar if they wish

\*Always: milk (Vit. D, calcium, 8 grams protein)

We have had a lot of positive feedback on the Power Pack as it's a high source of vitamin D and calcium (44% of a child's daily need) because it includes milk and yogurt; unsaturated fat is beneficial for brain development and heart health. It does not include a sandwich. Last year we noticed that turkey and ham sandwiches were going in the garbage—untouched—the majority of the time.

If you ever have questions about BPS Child Nutrition services, please call us directly at 701-323-4090. Also, we are always here to help with overdue lunch bills. Thank you for your interest in your child's nutritional health!