

# WELCOME TO SCHOOL LUNCH



## HOW LUNCH WORKS

### In the lunch room

**We offer 3 entrée choices and 5 fruit and vegetable choices. Before students go to lunch, their teacher gives them their id cards to take to the lunchroom. In the lunchroom, the first step is to pick the entrée. Students go to the offerings bar to select the fruits and vegetables and get their milk. At the end of the offerings bar, they turn in their id cards. Students take their lunches to their tables, and sit down to eat.**

**Enjoy the rest of your day!**

## PARENT INFORMATION

**Lunch \$2.05**

**Milk \$ .50**

**We use a computer system to track lunch payments and when your child eats. With this system, you can send in as little as \$2.05 or any other amount that you like. You can send money to school with your child. Teachers collect the money and send it to the lunch room. Money is entered into the computer the same day and is ready for lunch that day. Be sure to put your child's name, teacher's name and amount of money on the envelope. Your cancelled check is your receipt.**

**When your child goes to lunch, he selects the main part of the meal from the lunch lady. Then he/she goes to the offerings bar to select side dishes and to choose milk. There are always 5 fruit and vegetable choices to have with lunch.**

**A lunch consists of five components, protein, bread, fruit, vegetable and milk. A child must choose at least 3 of these components, but may choose all five. Please encourage your child to choose the side dishes to make a healthy lunch.**

**Milk is included with the lunch. If your child brings a lunch from home, milk is available to purchase. Water is also available for purchase for \$.50**



## WEBSITES FOR YOU

To find the menu and nutrition information...[www.sodexoeducation.com](http://www.sodexoeducation.com) or use the link on your school's website.

Nutrition information ...  
[Www.besmart-eatsmart-livesmart.com](http://www.besmart-eatsmart-livesmart.com)

Fun nutrition activities for kids...  
[Www.liftoffsplayground.com](http://www.liftoffsplayground.com)

Point of Sale information [www.mymealtime.com](http://www.mymealtime.com)

## PHONE NUMBERS FOR YOU

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Questions about Mealtime  
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