

ST. MARYS CATHOLIC ELEMENTARY/MIDDLE SCHOOLS CAFETERIA INFORMATION 2012-2013 SCHOOL YEAR

The following is some information that you will find useful in making decisions about your children's school lunches.

The rates for cafeteria meals for the 2012-2013 school year are:

Full-day kindergarten	\$2.50 per day for lunch and snack-time drink
Shortened-day kindergarten	\$.25 per day for snack-time drink
Elementary students (1-5)	\$2.25 per day
Middle school students (6-8)	\$2.75 per day

This school year brings some significant changes to School Lunch Programs across the nation. The dietary component of the Healthy Hunger-Free Kids Act of 2010 must be enacted this year. The new Nutrition Standards call for the elimination of white bread, an overall reduction in the amount of bread, the addition of more fruits and vegetables, a reduction in the amount of total calories per meal, etc. These new regulations have been mandated in the interest of ensuring that the health and welfare of our children be the School Lunch Program's main focus. Your support of these changes will be greatly appreciated. Together, we can help our children grow into adulthood having formed healthy eating habits.

The main entrée will be the same at both schools. Students at both schools will have the option each day to replace the main entrée with an alternative. While we cannot offer wheat bread peanut butter sandwiches every day as a part of the paid meal, they may be purchased daily for \$1.25. Under the new regulations, students who are lactose intolerant are not considered to be disabled. They will be offered water for their drink. Juice will also be available for them, but it will be considered as replacing some or all of the fruit component of the paid meal.

Please apply for the free/reduced price lunch program if you think you might qualify. Note: If you also have a student at Elk County Catholic High School, you now only need to complete one application form for free/reduced price meals per family. Reduced price lunches are \$.40 per day. Families who benefit from this program do not put any additional financial burden on the cafeteria or the school system or the parish. The federal government reimburses the cafeteria for these meals with the tax dollars you worked for and paid. We have a system in place that keeps information about families who participate totally confidential. The only people who know who participates and who doesn't are the principal and the cafeteria bookkeeper. (Even the cafeteria manager does not know.) In fact, a few years ago, one of the state's lunch program evaluators recommended our system to some other school districts. If you plan on filling out the application for the free/reduced price lunch program, please have your child bring it to school on the first day.

Special accommodations will be made for students with food allergies who wish to participate in the school lunch program. With current information from the doctor, any kind of allergy, no matter how restrictive, can and will be cheerfully addressed by the cafeteria staff. Families in this situation should notify the principal.

While participation in the school lunch program is optional for all families, in order to make meal planning as efficient as possible, children may change their participation only at certain times during the school year unless there are extenuating circumstances. At the elementary school, a change may only be made after the Christmas break. At the middle school, changes should only be made at the beginning of a

trimester. Please understand that there is no refrigeration available for lunch carriers. Lunch carriers are **not** permitted to bring soft drinks. If desired, students who carry their lunch may purchase milk for \$.35 or juice for \$.20. (Extra milk/juice may also be purchased by students participating in the school lunch program.)

Please remember that the cafeteria finances are completely separate from the school system finances. Your payment is handled in one office which administers the finances of both cafeterias. You may submit your cafeteria payment (one check for all your children at the elementary and/or middle schools, please) at either school at the beginning of each month or week. It is very important that you provide complete information with every payment. **PAYMENT (ONE CHECK FOR THE ENTIRE FAMILY, PLEASE) MUST BE SUBMITTED IN AN ENVELOPE WITH THE NECESSARY INFORMATION NOTED,** including:

- Each child's name
- Each child's homeroom
- **Amount enclosed, indicating how much is to be credited to each child - one check for the entire family, please
- Helpful comments (Examples: "October payment" or "one day absent")

Questions about payments or the free/reduced price lunch program may be directed to Mrs. Alice Lion at 834-4169.

Please return the attached form if your child(ren) will be carrying lunch.

For those who wish to pay monthly or for the entire year, the following information will be helpful for future reference. If you pay a month in advance and your child misses a day of school, simply subtract a day's cost from the next month's amount. If you have money left in your account at the end of the year, it can be credited to the following year or reimbursed.

Regular Lunch Prices per Month

Month	Number of Days	Shortened-day Kindergarten (\$.25/day)	Full-day Kindergarten (\$ 2.50/day)	Elementary School Lunch (\$ 2.25/day)	Middle School Lunch (\$ 2.75/day)
August	8	\$ 1.75(7)	\$ 17.50(7)	\$ 18.00	\$ 22.00
September	19	4.75	47.50	42.75	52.25
October	22	5.50	55.00	49.50	60.50
November	18	4.50	45.00	40.50	49.50
December	15	3.75	37.50	33.75	41.25
January	21	5.25	52.50	47.25	57.75
February	19	4.75	47.50	42.75	52.25
March	20	5.00	50.00	45.00	55.00
April	17	4.25	42.50	38.25	46.75
May	20	5.00	50.00	45.00	55.00
Total		\$ 44.50	\$445.00	\$402.75	\$492.25

Lunch Carrier Form

This form **must** be completed for students who will carry their lunch.

Students may not repeatedly change back and forth between the school lunch program and carrying lunch from home. Changes should be made on a semester/trimester basis.

Please indicate the school(s) attended:

- St. Marys Catholic Elementary School
- St. Marys Catholic Middle School

The following children will be carrying lunches from home:

Student's name	Homerom	Purchasing Drink? (Indicate milk, juice, or nothing)
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Parent/Guardian Signature

Date