

Notes From the Crusader Cafe


Welcome Back, Crusaders! We love providing delicious, nutritious lunches to our students and can't wait to get this year started! Each day will have a "Hot Lunch" entree option that changes each day and will be listed on the menu calendar which can be found on the school website. In addition to the hot lunch, they can choose from breaded chicken patty, spicy chicken patty, grilled chicken, hot dog, baked potato, salad bar or PBJ uncrustable. The lunch includes their chosen entree, milk, at least one fruit and at least one vegetable. Below are the requirements for a plate lunch, which must include at least one fruit OR vegetable. Free water is available to all students.

What makes a "Meal Deal"?

1 GREAT TRAY

A healthy lunch consists of five components:

- Milk
- Fruit
- Vegetable
- Grain
- Protein



Eat Smart! Make choices from all five food groups daily!

Students are **REQUIRED** to choose 3 of the 5 components with at least 1 fruit or vegetable to make a lunch.

On our cafeteria webpage, you will also be able to access our signup genius to volunteer as a lunch server. Each family will pay a \$50 cafeteria fee at the beginning of the year. You will get \$10 of that fee refunded into your child's lunch account each time you volunteer (up to 5 times). The kids absolutely love seeing their family members when they come through the lunch line!

Price List:

Student Lunch	\$3.25
Extra Entree	\$1.80
Extra Side	\$0.75
Extra Milk	\$0.70



We offer a la carte items ranging from \$0.75 - \$1.00. These include bottled water, yogurt, cheese sticks, chips, popcorn, muffins, welch's fruit snacks and jerky sticks. Ice cream is available on Mondays to grades 2-8 for \$1.00 each. All of these items are Smart Snack compliant with state standards. They are whole grain, low in sodium, reduced fat and low in sugar.



Please make sure you have a parent account set up with EZ School Apps. This will allow you to track your child's purchases, add money to lunch accounts and notify you when balances get low. You may also send in cash or check through the school office. Please note: It is very important to maintain a positive balance on lunch accounts. Thank you in advance! We will be available to help set up accounts at school registration on July 29th.

The cafeteria at Our Lady participates in the National School Lunch Program, which allows us to provide a wide variety of nutritious meals that the kids love. It also gives parents the opportunity to apply for free or reduced lunches. If you think you might qualify, we encourage you to fill out an application. The instructions provided include the income guidelines for this year. Applications will be available at registration, but can also be found on the website if you would like to print your own.

We are looking forward to another great year!

