

Hello Everyone:

Hope everyone had a wonderful summer. I can't believe that school will start in a couple weeks, but I am getting excited to see all our students back. I like to see how they have grown during the last 3 months of summer. I am hoping that they have good eating habits when they come back. I am going to be trying some new foods and recipes, hoping to find some different foods they may like. As you all know with the pandemic happening last year it is hard to get some things that we used to be able to get. It goes the same way here at school. We also had one of our distributors change and the products are different so it has been a real struggle to find some of the things we used to have. But I have also found some new items which is good. So we will be trying some of them this year.

We are going back to the way we used to serve lunch with having the salad bar out where they can pick out what they want. It will be in individual cups so they don't have to guess how much a half cup or  $\frac{3}{4}$  cup of fruit or vegetable is. It will also keep it more sanitary.

Again I would to point out what I encountered last year. Some of the students would come (the younger ones mostly) and not like what we have for lunch. I know we all want them to try the food before they say they don't like it, but I really hate to see a kid not have something to eat. I strongly encouraged parents to go over the menu with your children and see what they like or don't like and if possible if you can send a sack lunch with them instead so they have something to eat. I know I can't make everything everyone likes so I understand if someone doesn't like something we make. I always tell them that they will not hurt my feelings if they tell me they don't like what I have made. If they don't tell me then I don't know. I did a survey with the students toward the end of the year. The second and third graders did an excellent job of telling me what they like or don't like. We do try to listen to what they have to tell us and try to do the best we can to accommodate their wishes.

We will have a variety of fruits and vegetables on the salad bar to pick and choose from. We do have a rule to follow. We do, offer verse serve which means we offer all five components (meat/meat alternate, fruit, vegetable, grain, milk). The least the student can have on their tray is 3 items in which one has to be a fruit or vegetable. For the most part the students understand it.

We also encourage parents to come and eat with their child so they can see what is offered to them. All we need is a call before 8:30 the morning of the day you would be coming, preferably the day before would be better.

We will have the Fresh Fruit and Vegetable program again, in which your child will get a fresh vegetable, or fruit for a snack during the day.

Last if your child has any food allergies we will need updated notes from their doctors. I have sheets that the state likes to be filled out. So before you go to the doctor for allergy test please get one from me.

We all can't wait for your children to come back and see us. Thank you for entrusting them to us so we can feed and teach them about food nutrition. Questions just give us a call at 439-3143 ex. 509.

Your Lunch Ladies

Maria, Betty, & Luz