

Dear St. Jude of the Lake School Families,

This year marks my sixth year heading up the school lunch program. Unbelievable! Denise Alliegro and Mary Cummins continue to work with me in the kitchen. We hope to see many of you return to help prep or serve lunch. If you haven't volunteered in the kitchen we encourage you to give it a try. It's fun and your kids love to having their parents in the kitchen.

Our goal is to continue serving lunch without raising the price. We are able to do that with just a few changes. This year we will offer a "seconds" serving of the main entrée for \$.75 - \$1.00. Prices will be posted on the menu board. The second serving of the entree will only be available to students who have purchased hot lunch. Students who bring their lunch can purchase ala carte servings of fruit, vegetables, rice or pasta for \$.50/serving. Please discuss these options with your child(ren). Any ala carte purchases made by students will be charged against their lunch account.

Another change we have made in the lunch program affects the sale of soup. We will offer soup twice a week as we have in the past, usually on Tuesdays and Thursdays. The soup is included in the price of hot lunch and students who bring their lunch may purchase soup for \$1.00. Soup offered on other days will not be included with hot lunch but will be available to anyone for \$1.00.

We realize that we can't always please everyone with our menu so we are adding more choices and serving favorite items more often. At times we will offer different menus to different age groups, such as kebabs and finger food to the younger grades and entrée salads to the older grades. We are considering offering a daily alternate entrée, most likely a cold sandwich instead of the offered entrée. Watch the daily bulletin for changes in the lunch program.

The school website will have information about our menu. We have developed a guide that gives a description of the items you will see on our menus. There is also general information about how our meals are prepared and served. You can use this guide to help your child(ren) decide which days they would like hot lunch. Children can get a free sample of any menu item they would like to try.

We are excited about the changes to the menu this year. Our objective is to provide kid-friendly lunches that are healthy and filling. We are proud of the fact that the majority of our menu items are made from scratch with fresh ingredients. We purchase in bulk and prepare the food ourselves to keep the cost down. Our produce company buys locally whenever possible so we are able to take advantage of the best produce in season.

Questions and suggestions are welcome! You can e-mail me at [mcam108@comcast.net](mailto:mcam108@comcast.net) or stop by the kitchen.

Mary Camitsch