



St. Luke School

Eat n Run Café

Welcome Parents and Students,

With little fanfare, the short lived 2005 My Pyramid icon is retired in favor of a simpler icon, a dinner plate called My Plate. My Plate is designed to provide a simple message, fill your plate with a little more than 1/4 vegetables, a little less than 1/4 fruit, 1/4 grains, and 1/4 lean proteins. The meal is completed with a glass of 1% or fat free milk.

The track record for students eating fruits and vegetables is poor. Records have been kept on how much fruits and vegetables were eaten during the year. The students at St. Luke consumed fruits and vegetables, on the average, less than 50% of the time. The saying, "You can lead a horse to water but you cannot make it drink". The same is true of students. You can put fruits and vegetables on the plate, but you cannot make them eat them. Regardless, fruits and vegetables will continue to be offered.

Lunches: *Lunch will cost the same as the last several years. Grades K-8 is \$2.25, white or chocolate milk is included. A 16.9 ounce bottle of water is available for \$.50. An 8 ounce bottle of water for the Kindergarten, first, and second grades is available for \$.35. Packers may purchase milk for \$.50, large water for \$.50, and small water for \$.35.*

Snacks: *Snacks are available. Payment for snacks is by cash or student's account. If you do not wish your child to purchase snacks, please let me know in writing. Your child's account will be locked out of having snacks.*

Payments: *Payment for lunch is by cash or from the students account. Students have an account in the computerized pre-payment system. The system will automatically deduct the amount of the sale. Payment to the computerized system is by cash or check. We do not accept credit cards at this time. Any balance left in a student's account last year carries over to this year. A negative account balance from last year will be deducted from the first deposit made this year. Please send cash or check in a separate envelope with the student's name and account number. Any NSF checks will be charged \$30.00. Any balance in a student's account will be applied to the NSF charge.*

Charging: *Verbal warning will be given when the student's account is \$4.50 or less and a written notice will be sent home at that time. A student is allowed to charge 2 lunches or a negative \$4.50. Please make a deposit when you receive the notice that the account is low. If a student has a negative balance, they will not be allowed to purchase snacks.*

Food Allergies: *Please report any food allergy to me in writing. The allergy will be marked on the student's account. We cannot be responsible for any food given by another student. We cannot guarantee our food does not contain potential allergens not listed on food labels.*

Feel free to contact me if you need additional information. My extension is 407.

*Bob Curtner
Food Service Manager*
