

Food Allergies



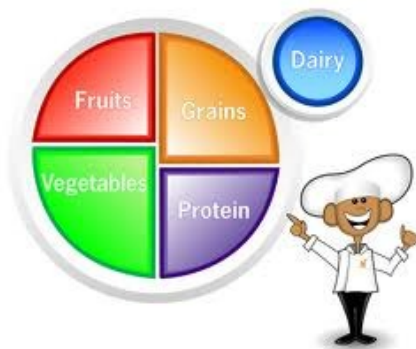
*The Office of Food and Nutrition Services works in cooperation with students, parents, nurses and guidance counselors to develop menus acceptable to students with allergies.

*Parents are encouraged to come into the kitchens and look for any allergens on the food labels.

*Parents can visit www.foodallergy.org for more information on food allergies.

What's in a Meal...

A quality meal consists of protein, grains, milk, vegetables and fruits.



WERE YOU AWARE ?

Calcium:
A mineral found in milk, builds and maintains strong bones and teeth.



THE CHESHIRE HIGH SCHOOL LUNCH PROGRAM

Further Information

If you are interested in finding out more about the Cheshire School Lunch and Breakfast Program, Nutrition Education, or if you have any questions or comments, please visit us at <http://www.cheshire.k12.ct.us/foods—nutrition/school-lunch-menus>

or contact:
Madeleine C. Diker
Food Service Director
29 Main Street
Cheshire, CT 06410



LUNCH LINES

Lines 1 & 2	Hot Buffet, Italian Menu, Pizza, Sandwiches, all with Awesome Sides, Salads and Fresh Fruit.
Line 3 & 4	All White Meat Premium Chicken, Crispy or Spicy, all with Awesome Sides, Salads and Fresh Fruit.
Line 6 & 7	Made to Order Salads with Protein, Wraps, & Sandwiches, with Deli meats and cheeses, a variety of Spicy, Grilled or Teriyaki Chicken. Peanut butter and jelly sandwiches also available.
Line 6	Hot Pizza of the Day.
Line 6 & 7	All with Awesome Sides, Salads and Fresh Fruit.

The nutritional standards are designed to meet federal dietary guidelines for Americans by:

- Lowering fats, saturated fats, trans fats, sodium and sugars.
- Controlling portion sizes.
- Promoting whole grain, fruits and vegetables.

Breakfast

Our program offers breakfast; the most important meal of the day, to help students focus during class.

Offered: 7 AM—7:30 AM and the 1st fifteen minutes of periods 1, 2 & 3.

Price: \$2.00 for a complete Breakfast. Breakfast consists of fresh fruit, milk, and one entrée (which can be a protein and a grain component, or two protein components or two grain components)

Options: A-La-Carte Items are also available for purchase, such as bagels, yogurt, egg sandwiches, etc.



<http://www.cheshire.k12.ct.us/foods--nutrition/school-lunch-menus>

My School Bucks

The easy on-line way to pay for your child's lunch.



Pay on-line and parents can also monitor their child's spending from day to day.

www.mySchoolBucks.com

Ways to Pay

CASH ON ACCOUNT: Funds are deposited into your child's account and are available when purchasing lunch and/or a la carte foods.

PREPAID MEALS: Money placed onto the account is designated for student meals only. Cash is needed to purchase a la carte items.

PREPAID MEALS and CASH ON ACCOUNT:

The method combines the Cash on Account with the Prepaid Meals. The student may purchase lunch meals and a la carte items.

