

SEPTEMBER HOT LUNCH - WELCOME BACK! EVERYONE!

HOT LUNCH CALENDAR FORM (PLEASE ONE FORM PER CHILD) PLEASE FILL OUT THIS FORM COMPLETELY. THANKS!

Name: _____
Grade: _____

Please check corner box and circle # of items	Every meal is \$2.75 one pizza/salad \$2.00 potato/side \$2.00	Questions? Please call Jim Hallberg 637-6709	price (please enter for each week)
14 PIZZA 1-2-	15 BURRITOS	16 SOUP AND BREAD	17 MAC AND CHEESE
21 PASTA MAGNANA	22 QUESADILLAS & BEANS	23 RICES VEGGIES w/TOFU	24 MASHED POTATOS AND CORN
28 PIZZA 1-2-	29 BLACK BEANS & RICE w/AVOCADOS	30 SOUP AND BREAD	
Monthly Plan Due by FRI 10 AM SEPT 11	Bi-Monthly Plan Due by 9/11 Please include Second check Post dated 9/15		



The school kitchen is never happier, than when the new year begins and the children return to enjoy the bounty of the harvest season. This year we will be feasting on some of the most amazing fresh vegetables, fruits, beans and grains all at their most flavorful!

I would like to take this opportunity to welcome everyone back. We especially look forward to greeting our new first graders and their teacher, as well as families who have moved here from other schools and communities. One thing about our school we hope you will notice is that we all love to eat! The organic hot lunch program is a gift we offer to all of our noontime guests.

For those not familiar with how the lunch program operates (and those of you who might need a refresher) we serve a vegetarian lunch Monday-Thursday, which is nutritionally balanced, quite filling and made from scratch. We prefer to purchase food from local organic and bio-dynamic farmers (often from parents or relatives from the school) or the local food coop. We also have a large school garden from which we gather seasonal delights. Our meals are served by parent volunteers and upper grade students. Please be attentive and polite to these kind folks as we try to serve as many as 150 students, teachers and high school guests as quickly and efficiently as possible.

Participation in the hot lunch program is not required, but most families do purchase at least several meals during the month and many sign up for all the meals. The meal is tasty and filling, if your child is a big eater please pack a hefty snack for the mid morning break. The price per meal is \$2.75 and does not include a beverage. Fridays lunch is brought from home. Meat is allowed to be eaten at our school but will not show up in the meals I serve. Dairy products (this is Wisconsin) definitely do.

In the second week of the month the meal sign up calendar is distributed through the LunchBox Express (our school newsletter) listing the upcoming meal offerings. Please fill these out completely and pre-pay for the month by the due date. The least favorite part of my job is the money aspect, so please be prompt with your payments for meals. We also rely on parents to volunteer in the kitchen preparing and serving lunches. If you are interested in working with us, Ken Carlson is our volunteer coordinator, contact him if you would like to help.

I deeply appreciate the opportunity to prepare nutritious meals for your children. To support their healthy growth through the meals we serve is indeed a gift I honor. If you ever have comments or questions about food, children, growing garlic or anything related to soup, catch me in the kitchen or in the aisles of the coop as I madly rush to find that one missing ingredient... Here's to our first slice of organic pizza together.

Blessings on our school. Jim the Cook