



PLC Charter Schools

Corporate Office

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www.plccharterschools.org

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Dear Parent/Guardian:

Your child's school day just got healthier. For the upcoming school year 2016/2017 Arts Academy will be participating in the National School Breakfast and Lunch Program. . All school meals will be prepared on site. School meals focus on whole grains, fruits, vegetables and low fat / nonfat milk. All meals are "right sized" based on age.

The National School Lunch Program is a federally assisted meal program that operates in over 100,000 public and nonprofit private schools. School lunches must meet meal pattern and nutrition standards based on the latest *Dietary Guidelines for Americans*. The current meal pattern increases the availability of fruits, vegetables, and whole grains. The meal pattern's dietary specifications set specific caloric limits to ensure age appropriate meals. While school lunches must meet Federal meal requirements, decisions about what specific foods to serve and how they are prepared are made at the local level. Your input is greatly appreciated.

Breakfast will be offered daily. Because AASC has never served breakfast in the past, we will start with cold options, hot entrees will be offered as participation increases. Lunch will include a choice of 3 different entrees, a daily fresh vegetable bar, fat free or low fat milk choices, and low sodium, low fat entrées that are nutrient balanced. The cost for breakfast is 2.50 and lunch is 3.50. Reduced price and free meals are available for those that qualify. Applications are available in the front office.

Federal guidelines allow for Juice to be served only two times a week with the meal. This is to encourage the students to eat fresh fruit. Juice and water will be available for purchase daily for the cost of .50 each. Ala carte entrees are available as well, but is limited to the entrees served that day. Adult meals are 3.00 for breakfast and 4.00 for lunch, ala carte pricing is also available. Federal guidelines prohibit charging of adult meals, adults must also register for an account and pay online. Limited adult meals will be available for purchase daily if not preordered online.

Meals will be able to be ordered in advance at Orderlunches.com, which is the same software that was used last year. You will need to set up a new account. The link is [HTTPS:// plc.orderlunches.com](https://plc.orderlunches.com) . WE ENCOURAGE ALL MEALS BE ORDERED ONLINE. This is so that our kitchen can make sure proper amounts of food are prepared every day. Extra meals will be prepared each day for the child that forgets lunch or for the child that has not paid through the online ordering system. These meals can be paid for the day of service. MEALS MAY BE ORDERED UP UNTIL 11 pm the night before. Children who qualify for free or reduced price meals will still need to order online, the online system will reflect a no charge or a reduced price.

Children who come to school, with no money and no lunch, will be allowed to charge 2 meals, after that they will be given a sack lunch consisting of a cheese sandwich and an apple. Parents will be billed for these meals.

Together we can make a difference and help our children develop healthy habits for life.

Sincerely,

Jenny Michael
Food Service Director
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