

Dear Parents and Guardians

Welcome Back!!! I hope everyone had a great summer. I invite you to review September's lunch menu online at www.mtsd.k12.nj.us/foodServices. Simply select your child's school from the main page and click on "Lunch Menu" to access the menu each month. Nutrislice is a new addition to our menu options. Click on the Nutrislice link under the lunch menus and you can see important information about the products being served daily. Nutrislice will list all allergy information, ingredients, carbohydrate counts etc. Please check our menu/Nutrislice for each days hot and cold lunch selection.

Please ensure that your child has the necessary funds in his/her account. You can still send in cash or a check (made payable to Montgomery Township Board of Education or MTBOE food services) or use our online payment system www.payforit.net. When your child's account has three lunches remaining the cashiers will give your child a friendly reminder. I'll contact you by phone or email in order to remind you to make a deposit to child's account. Children's accounts do go negative from time to time but any lunch purchased will be charged to the students account for collection. Lunch at the elementary schools will be \$2.45 and milk sold separately is \$0.60.

Your child may choose one item from the main menu, i.e. hamburger, salad or a premade deli sandwich. Children may choose a hot or cold vegetable, fresh or cupped fruit, and 1% white, fat free, or chocolate milk. A complete lunch comes with five components, meat/meat alternate, grain, vegetable, fruit and milk. If a child doesn't take 4 of the 5 components the lunch will be sold at ala carte prices. We encourage the children to take the fruit and vegetables.

Our pizza on Fridays is made with a whole wheat crust, and our chicken nuggets and patties are all white meat with a whole grain breading. More information can be found on Nutrislice. We will be selling baked chips, low fat ice cream, reduced fat cookies, fruit and veggie cups for snacks as time permits during the week. Snacks range in price from \$0.50 to \$1.00. Water is not part of a lunch and is offered as an ala carte item for \$1.00. The USDA set this rule stating that water has no nutritional value.

Allergies are listed in RED on each register for the cashier to see. The list is updated each year by the school nurses and I keep a hard copy in my office. Any other questions or concerns you may contact me at Chartwells@mtsd.us or 609-466-7602 ext. 6510.

I hope this information will help you and your child to have a happy and healthy lunch experience. To learn more about Chartwells, visit our website at www.eatlearnlive.com. We're excited to continue our long partnership with Montgomery Township Schools. Look for our new Simply Good campaigns throughout the school year.

Patricia Kurczewski, Director of Dining Services