



Welcome back to the new school year. I hope that everyone enjoyed their summer! Good news this school year, we have brought on a new staff member, Mrs. Peg Adams. Mrs. Nolot retired after many years of wonderful service.

We want school meals to matter! We will be providing healthy lunches to your children every day of the week. Nutritious meals and snacks will help kids stay healthy, reducing their risk for obesity, diabetes, high blood pressure, and other serious chronic diseases. The school meals focus on more whole grains, fruits, and vegetables; low-fat or non-fat milk.

School meals are "right sized." Based on their age, students are getting the right portions and now they will be getting more of some foods like fruits and vegetables. Teachers will tell you that well nourished kids are ready to learn and do better in class. When we give kids plenty of healthy food choices and regular physical activity at school, they learn healthier habits for life.

We have strict policies that we must go by and the help of parents is greatly needed. **NO SOFT DRINKS** or **ENERGY DRINKS** are permitted on campus unless doctor ordered. **NO FAST FOOD** and **CANDY** will be permitted in the parish hall. Parents that pack their child's lunch must comply with these policies. Microwaves will not be provided. So please pack a lunch for your child's that doesn't require heating. A hot lunch will be served daily.

This year there will be no paper transmitted bills. Every family **MUST** have their **EMAIL ADDRESS** on file with the school. If you do not have a computer or access to email, please let your cafeteria manager know so she can make other arrangements for you to receive the needed correspondence. All menus and volunteer schedules will be posted on the school web page.

The Diocese of Lexington schools have adopted a charging policy that must be strictly followed. Children will only be allowed to charge 5 meals or \$15.00, whichever comes first. Parents will be contacted via email when the child charges their first meal. Those families not having email, it is your responsibility to make other arrangements for notification concerning your child's account. Federal reimbursements cannot be made on meals that are charged. As defined in Sec 7 CFR 210.0

We offer **FREE** and **REDUCED** meals for eligible families. Applications are available in your orientation packet on orientation day or with the cafeteria manager, Peggy Duggan. All eligible applicants are kept confidential and your child is never identified by their peers. We encourage anyone that thinks they may qualify to fill out an application.

We will also be selling healthy snacks this year. It is an additional cost of .75 cents, so we will need to have your permission to sell the snacks to your child/children. Also, if your child/children have a negative balance then they will be unable to purchase a snack even with your permission.

Also, we will continue to using **mySchoolbucks**. If you are not familiar with the program we have instruction information to assist you. Even if you do not post money on your child/children's account through mySchoolbucks, this is a great way to stay informed of the meals and items they are purchasing. **Prices are as follows: Preschool, Playschool, K-8th grade \$2.50 - Reduced Lunch .40 High School Students, Staff and Visitors \$3.00, Extra Entrée \$1.00, Extra Veggie/Fruit/Bread .50, Milk .50, Water .75, Snacks .75**

It is required that any child having a **FOOD ALLERGY** must notify the school and cafeteria manager. We must have a picture of the child and an emergency notification posted in the cafeteria, office, and homeroom. All of our staff are made aware of the children with such allergies and trained on what to do in the event of an emergency.

Again, we look forward to this upcoming school year and serving your children. If you have any questions or concerns please feel free to contact Peggy Duggan, Cafeteria manager of Holy Family School, pduggan@cdlex.org or Char Banta, Food Service Director at the Diocese the of Lexington at cbanta@cdlex.org You have the power to encourage your children to build a healthy plate at school and home. Review the school menu with your kids and encourage them to try new foods, especially the healthy foods offered. Encourage your child to check out these new meals and find their favorites. Together we can make a difference and help our kids develop healthy habits for life.

Thank you & God Bless!