



Dear Parents and Guardians,

We would like to take this opportunity to welcome you to the 2011–12 school year! We hope you had a wonderful summer and are geared up for the new school year. As you may already know, ARAMARK Education provides food service to the students and staff of School District 100.

We want you to know that we take this responsibility seriously and put your child's nutrition and well-being above everything. ARAMARK is happy to provide your child with nutritious and exciting recipes and menus, vibrant dining environments, and nutritional information and messaging to encourage healthy eating and exercise to maintain a well-balanced lifestyle.

Breakfast

Breakfast in the Classroom is served at every school within the District. This gives all students the opportunity to begin their day with a healthy meal. The cost of breakfast is one dollar (\$1.00). Children who are eligible for free or reduced lunch, are also eligible for free or reduced breakfast. The reduced breakfast price is thirty cents (\$0.30).

Lunch

Elementary School students will be provided with a monthly menu sent home from school. Menus are also available online. District 100 uses the NutriKids computerized meal accountability system. The lunch price is \$2.15 for elementary students. Lunches for students who qualify for reduced-priced cost \$0.40. Students can choose to include milk in their lunch, or they can purchase extra milk for \$0.50.

Middle School students will have menus posted in the cafeteria as well as our website. The price for middle school students is \$2.15 and reduced-priced lunch is \$0.40. All middle school students who prepay or qualify for free or reduced-priced meals may go directly to the school cashier.

Point-of-Sale System

For those of you new to the school district, we'd like to outline our Point-of-Sale (POS) system. The POS system benefits you, your child, and the school in a number of practical ways. We hope that you and your student will consider taking advantage of the convenience. Please read the following information carefully.

We will be using a computerized cash register system to ease the payment process for your child. Here's how it will work:

- You can add money to your child's account by filling out an envelope and sealing the payment inside. Your child can give this envelope to the lunch supervisor at your school.

- The envelope should be clearly marked with your child's name, grade, and homeroom. If the payment is for more than one child, indicate how the money should be split (for example, Johnny = \$10.00 and Sally=\$15.00).
- We encourage payment be made in the form of a check made out to your child's school.
- Payment can be made in any amount your budget will allow. Students who have money on account will not have to worry about lunch money every morning and will go through the lunch line more quickly at school.
- All Middle School Students have been assigned an ID number to access their lunch account. This ID number will be like a PIN for an ATM machine. Students will be issued these numbers the week before we start to serve lunch.

You also have the ability to contact our office to view a copy of your child's meal purchase history report. This history report will show all the dates and times that your child has purchased lunch within the past 30 days.

HealthierUS School Challenge (HUSSC)

The HealthierUS School Challenge (HUSSC) is a voluntary initiative established in 2004 to recognize schools participating in the National School Lunch Program that have created healthier school environments through promotion of nutrition and physical activity. There are four levels of performance awarded: Bronze, Silver, Gold and Gold Distinction. This year our goal is to apply and be awarded the Gold with Distinction honor.

In alignment with HUSSC, we are committed to serving nutritious meals to your children. This commitment is at the heart of how we deliver on our promise to help students flourish. We encourage students to embrace good eating and healthy lifestyle habits at an early age, and a school's food and nutrition program plays a big role in this effort. We're excited about the opportunity to launch these new menus at your school.

Some features of the new menu includes:

- A different vegetable offered every day of the week, with a dark green or orange vegetable being offered 3 or more days / week
- A different fresh fruit every day of the week
- Legumes (beans) offered at least one time / week
- At least one whole grain food offered each day
- Only low-fat and skim milk offered

ARAMARK Nutrition and Wellness Education

Our nutrition education programs encourage students' development of healthy lifestyle habits and education in the basics of good nutrition. ARAMARK is an active participant in your District's Wellness Committee, so if you have questions or comments regarding nutrition and wellness, do not hesitate to reach out.

ACE Nutrition Mascot Program—Throughout the school year, our elementary school nutrition mascot, ACE and his friends, share the *Stay Healthy* wellness message through a monthly program. An educational gift with nutrition fun facts provides a consistent opportunity to reinforce the importance of healthy eating, exercise, and getting plenty of sleep. Feel free to visit ***acefanclub.com*** to learn more.

This year, ACE and his friends will be participating in ACE’s Healthy Earth, Healthy You, which will consist of different monthly destinations/activities that address environmental awareness. A sample of the monthly themes includes: National Parks, Endangered Animals and Community Garden. Educational, fun, and functional giveaways will be provided each month so that elementary students can enjoy them and learn from them.

Healthy For Life Quarterly Newsletters highlight nutrition tips for parents. Examples of information shared include labels and snacking, meal planning and shopping, and eating more fruits and vegetables.

Nutrition Education Materials—Monthly nutrition education materials are created to reinforce healthy eating with students and provide nutritional facts and figures. This year’s program will focus on broad lessons, such as food portions, the main food groups, and reading labels. Monthly fruits and vegetables will be highlighted to encourage students’ interest and consumption, as well as educate them on the benefits of eating fruits and vegetables regularly.

Student Wellness Promotions

Our wellness promotions include tasty, exciting recipes developed by our chefs and dietitians with the objective to introduce new, healthy menu items to the students, who eat in the same location every day, in most cases. These promotions offer fun themes and enticing recipes to ensure that the students’ taste buds don’t get bored. Examples of this year’s themes and special recipes include Asian cuisine, Italian regional favorites, minis (small bites), and world flavors.

ACE’s Lunch Specials is the elementary food specials program. **FUEL** is the middle and high school program. Feel free to visit www.fuel4me.com to learn more.

Special Event Promotions—Monthly promotional ideas and merchandising material templates, which can be customized, are featured to increase student excitement and satisfaction and meal participation. Promotional kits celebrate holidays and national events like Election Day; health-related themes, including National Nutrition Month or American Heart Month; and school-specific events, such as homecoming or spring dances.

This year, the special promotions will include the following themes:

Month	ACE’s Lunch Specials / FUEL	Special Event Featured
September	Burger Bar	Special Lunch Guest for Fruits/Veggies
October	On the Border (Mexican specialities)	Homecoming
November	Creative Pizza Recipes	Recycles Day
December	Dip, Dunk and Devour (dipping foods)	Savor the Season
January	Students Pick Two (soups, salads, sandwiches)	Family Fit Lifestyle
February	Regional American Favorites	Super Bowl
March	Mini’s in March (small bites, big flavor)	March Madness

April	Handhelds (pockets, wraps)	Earth Day
May	Hot and Spicy dishes (not too hot)	Cinco de Mayo

Free and Reduced-Priced Meals

Applications for free and reduced-priced meals are available at your school. Please fill out the form and return it to your child's school office. As a courtesy, all students who qualified for free or reduced-priced lunches last June will remain eligible until October 1, 2011. After that date, students must have a new application completed and returned to the school office to continue to receive free or reduced-priced meals.

Families who qualify for free or reduced-priced lunches also qualify for the same category of breakfast. If the income in your household changes during the school year, please feel free to fill out another application. **Special Milk** provides free milk to afternoon kindergarten students whose families meet the eligibility guidelines listed on the form. This special milk option is only available to afternoon students as they are not at school in time to participate in the Breakfast or Lunch Program. Milk is available for all other students for \$0.50.

Food Allergies

There is a growing amount of food allergies and intolerances occurring in children. Please let us know if your child has any special dietary restrictions, and we will try to accommodate them as much as possible. In each kitchen, there is a booklet with the ingredients for all the product labels used in each dish, for better referencing of the ingredients used.

Again, welcome to the 2011–12 school year. If you have any questions, comments, or concerns regarding any aspect of the Food Service Program at your child's school, please feel free to contact Michelle at 708 484 5773, and I or another member of my team will be more than happy to assist you.

Also, from time to time, we will reach out to you to obtain your feedback regarding the Food Service Program through our ViewPoint Survey process hope you will take the time to share your thoughts and ideas with us throughout the year.

Thank you for your support and cooperation. We look forward to another successful school year!

Michelle Hyman
 Food Service Director
 ARAMARK Education/Berwyn District 100
 Food Service Department