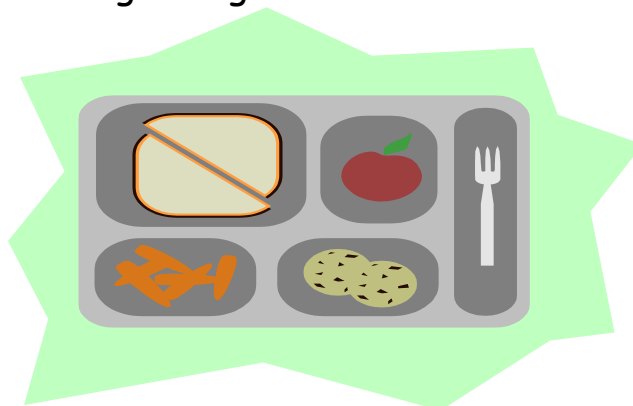


St. Francis de Sales Catholic School Lunch Program

"Our lunches are planned with the intention to moderate fat cholesterol, sugar, and sodium. They provide vitamin A&C, calcium, and iron for growing bodies."



What is a school lunch?

Lunch at St. Francis contains 5 meal components:

- ✦ A meat/meat alternate (taco meat, veggie burger, tuna, cheese pizza)
- ✦ A grain/grain alternate (rice, bread, pasta, pizza crust)
- ✦ A vegetable (fresh, frozen, or canned; mashed potato, garden salad)
- ✦ A fruit (fresh, canned, 100% fruit juice, low-fat fruit yogurt)
- ✦ Ice cold fat-free Milk (white, chocolate, or strawberry)

<u>Grade</u>	<u>Daily cost</u>
Pre-K, Kindergarten	\$3.00
1 st , 2 nd	\$3.50
3 rd , 4 th , 5 th , 6 th , 7 th , 8 th	\$4.00

**Please send payment to school for the quantity of lunches that you would like. Please make checks payable to SFDS. You will be notified when your child needs additional lunches. Thank You

Our kitchen staff have extensive knowledge of and experience with food safety and allergy concerns. In the event of a food allergy, a substitution will be given to students. Please contact me to discuss any concerns that you may have. Thank You,

Angela Villano, Lunch Program Manager 443-859-5874
avillano@sfdscs.org