

WELCOME TO THE 2009-2010 LUNCH PROGRAM At CRS and LLE

GENERAL INFORMATION: The Demarest Lunch Program is operated by the Board of Education. We receive no federal, state or town funding nor do we receive government commodities. **APPLICATIONS for FREE AND REDUCED LUNCHES** will be distributed the first week of school. Please return them by September 18.

As we are a "not for profit" service nor part of any food service company or PTO, our sole goal is to provide **HEALTHY, WELL-BALANCED AND NUTRITIONALLY COMPLETE MEALS** using highest quality and the freshest foods available – all offered to the students at the lowest prices possible.

In an ongoing effort to *promote healthy eating habits*, we will continue to offer fresh fruits and vegetables, fat free and 1% milk, low fat and low sugar snacks as well as high quality entrees. **All food is freshly prepared and cooked in the healthiest ways – nothing is fried!** Please be aware **THAT THE PRICE OF A FULL VALUE MEAL INCLUDES ALL OF THE FOUR/FIVE ITEMS ON THE DAILY MENU.** *The lunch staff encourages the students to take all the items; we ask that the parents do the same.*

The snacks sold after lunch is served are all well within the nutritional guidelines for healthy snacks as set forth by the government. A list of all snacks sold will be posted during the first weeks of school.

NEW THIS YEAR AT LLE...

In an effort to help save the environment, we will start using larger reusable plastic trays at LLE. These trays are never to be taken from the cafeteria and **MUST BE RETURNED TO THE TRAY RETURN CART!**

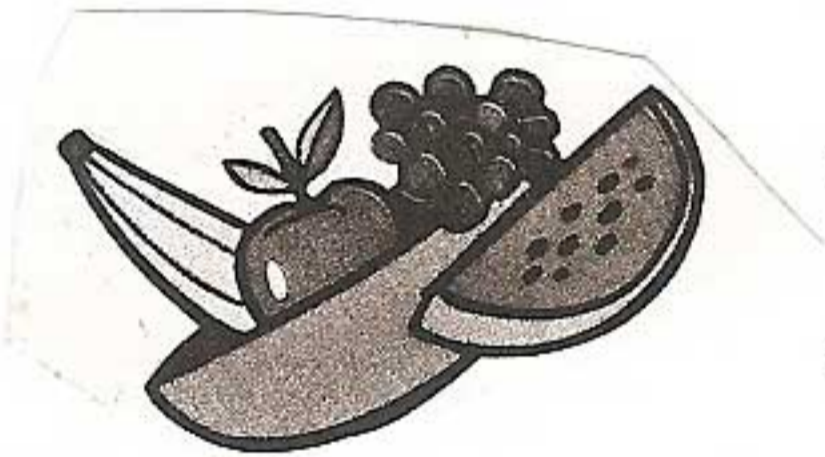


AGAIN THIS YEAR...

Pizza Express will deliver pizza directly to the two school cafeterias on Mondays and Fridays.

Demarest Deli will deliver heroes to the schools on Wednesdays.

- An individual slice of pizza/hero can be bought either as the main entrée as part of the full lunch or as an a la carte item for \$1.75.
- Bagels and choice of cereal bowls with a container of milk are also available for \$1.50 or as the main entree alternate.
- Fat Free, 1%, Low Fat Chocolate and Whole MILK and JUICE may be purchased separately during lunch for \$.60.



In order for the individual school to order and prepare the correct amount of food, YOU MUST WRITE THE CHOICE OF THE ENTRÉE ON THE FRONT OF THE LUNCH TICKET OR PAYMENT ENVELOPE.

Additionally, special orders for BLIMPIES, CALIFORNIA ROLLS, CHICKEN TERIYAKI and other specialty lunches will also be available (check the menu for specific days and prices).

Price of FULL VALUE MEAL: Students - \$3.00; Adults - \$4.05

Sheet of 20 Lunch Tickets: \$60.00. Please make payable to The Demarest Board of Education; Lunch Account.

NEW TICKET SHEETS can be purchased on WEDNESDAY, SEPT. 2; 8:15 a.m. to 9:30 a.m. outside the front office at CRS and in the CAFETERIA at LLE. Effective **THURSDAY**, sheets can be purchased during classroom collection.

Although we try our hardest to give advance notice of menu changes, the menu is subject to change without warning. If you have any questions regarding lunch, please feel free to call Marianne Bolduc at 201-768-6061 Ext. 31.

Please visit our website at www.demarest.org for the monthly menus...

TURN OVER FOR THE SEPTEMBER MENU...