

September 2002

Dear Parents and Staff,

The Williamson Central School Cafeteria Staff would like to welcome you back to school and to our lunch program. We look forward to serving you throughout this school year. We will be providing you with a monthly lunch menu. In addition to the daily lunch menu printed on the menu front, each school has several other lunch choices to select from. The lunch choices are as follows:

Elementary School (K-4) - Students in the Elementary School are offered an additional entree choice or lowfat yogurt and bread or crackers daily. These additional choices will remain the same for the week and will be printed on the monthly menu. Nutritional snacks, such as fresh fruit, yogurt bars, and cheese sticks, will also be available for purchase on the cafeteria line.

Middle & High School - Students in the Middle and H.S. will be offered fresh salad plates, assorted sandwiches, submarine sandwiches and a 2nd hot entree choice in addition to the daily menu that is printed on the front of the monthly menu. The 2nd choice entree will vary daily from choices that include pizza, cheeseburgers, hamburgers, pork rib sandwich, hot dogs or grilled cheese sandwiches. Other ala carte items will be available for purchase on the cafeteria line. These items include pretzels, ice cream, fresh fruit, fruit juices, trail mix, cookies and chips.

The lunch price for students (K-12) for the 2002-2003 school year will be \$1.25. Reduced price lunches (\$.25) and free lunches are also available. Application forms will be sent to you the first day of school. Your student may pay for lunch daily or you can pay for any amount of lunches in advance by sending a check or cash to the cafeteria staff. Example: \$12.50 - Tommy Smith - 10 lunches. The cafeteria staff will enter your students paid lunches on a roster sheet and your student can eat lunch 10 days. All checks should be made payable to Williamson Central School Lunch.

The milk price for students for the 2002-2003 school year is \$.30.

Williamson Central School will also be participating in a Breakfast Program in the Elementary School (K-4) and the Middle School (5-8) beginning later in September. Breakfast will be available to all K-8 students for \$1.25. An ala carte breakfast is available to all High School students in the H.S. cafeteria before Forum. Reduced price breakfasts (\$.25) and free breakfasts will also be available for eligible students. Information regarding the breakfast program will be sent to K-8 students.

Williamson Central School lunches continue to strive to provide our students with a nutritional and healthy lunch. USDA and New York State are in the process of changing requirements for school lunch. As those changes are made we will pass the information to you. The changes will include lowering the fat and salt content in the school lunch and increasing vitamin amounts. At present, the school lunch menu will appear to look the same as always but the cafeteria staff is dedicated to continue to make lunch healthy. Fresh fruits and fresh salads are available every day. Recipes have been adjusted to lower the fat, salt and sugar content. Added salt and butter will not be used to flavor vegetables. We are using some low-fat cheeses and low-fat and skim milk is available every day. Lunch at school continues to be a good and healthy choice for your student. Please feel free to contact the Cafeteria Staff if you have any questions regarding our School Lunch Program.

Sincerely,

Yvonne Forget, School Lunch Manager, 589-9621 xt.114