

Dear Parents,

La Bonne Cuisine welcomes you to the 2019-2020 school year!

The 1st trimester of the lunch program is from Thursday September 5th to Friday December 20th.

Our menus have been reviewed and approved by the school appointed nutritionist Angela Russo.

We offer a **HEALTH+ Program - an option for family concerned with balance and portion sizes** - when left to their own devices children do not always make the best choices and may pick "just the pasta" or "just the rice" - **with this healthy option** the meal is served according to the Angela's guidelines - **children will not be allowed to choose - we serve everything in the plate as described on the monthly menu - what happens after that is up to them.** Children can still come back for extras if they are hungry.

Here is a brief description of the program:

School wide:

- **NEW this year:** We are now using compostable silverware and cups instead of plastics! (our plates have been compostable for several years now),
- We have removed slices of bread from the daily offering to reduce the glycemic load,
- We serve Free Range, Antibiotic Free Chicken,
- We use Organic Milk,
- Switch from Butter to Extra Virgin Olive Oil for all pasta and rice dishes,
- Choice of Vegetarian option twice a week (Tuesdays and Thursdays).
- Simplified menu - to help parents with picky eaters - Tuesday is beef and Thursday is chicken.
- All our Deli Meats are All Natural products - No Antibiotics - No Nitrates or Nitrites.
- Organic: In the Spring of 2015, we switched to Stonyfield organic yogurts as a permanent second dessert choice. In 2016, we introduced organic (or locally grown) tomatoes and organic carrots.
- Non-GMO Fruits and Vegetable Guarantee: There are 10 GMO Crops commercialized on the market: Alfalfa, Artichokes, Canola, Corn, Cotton, Papaya, Potatoes, Soy, Sugar Beets, Zucchini (and Yellow Summer Squash). We will not serve any of these items on the menu unless they are Non-GMO items. We use EVOO instead of corn oil in our dishes since 2016.

Please Note: GMO Crops such as Corn and Soy are used in most animal feed. The meat we use in the hot lunch is conventional and we do not claim to serve NON-GMO meat at this point in time as organic meat options would significantly increase the cost of the lunch.

PreSchool:

- Choice by the parents at time of registration between whole grain and regular grains every day,
 - Meal is supervised by the teachers and all children are served a full **Health+ Program** portion.
- Elementary School:
- Choice by the parents at time of registration between whole grain and regular grains every day,
 - sandwich option with All Natural meats and organic vegetables and a choice between whole grain baguette and traditional baguette,
 - **"Health+ Program" option - Parents:** Tell us at time of registration whether you want us to serve the entire meal in the plate or if you want to leave the choice up to your child.

Middle School:

- Choice by the students at time of service between whole grain and regular grains every day,
- sandwiches are offered on a daily basis and students can pre-order their sandwich during the break at 10am and will make their choice between whole grain bread and baguette at that time,
- Students can request a **Health+ Program** portion measured as per the dietician's guidelines

To register for the 1st hot lunch session, please complete the registration forms by following the links available on the main page.