



Dear Parents and Guardians,

Welcome to dining services with Metz Culinary Management. We are proud to be the new foodservice provider at Karns City Area School District and look forward to providing the highest level of service to your children this upcoming school year.

We are actively preparing for how food service will operate on a day-to-day basis in the new school year and are working with the District administrators each step of the way. Metz Culinary Management wants to assure you that our primary concern is the **safety** of all involved. We are committed to the highest level of sanitation, safety, and service. You can expect the following from our highly trained, professional employees.

- Our team members will be temperature checked daily.
- Each team member will be required to wear a face mask.
- Our team members will practice social distancing during our shifts and service.
- We will require frequent handwashing.
- Our team members will work diligently on disinfecting tables and high touch points in the cafeteria and work areas.

Our menu options will be prepared to the highest safety standards and will include a variety of fresh fruits and vegetables, whole grain breads, and an entrée, sandwich, or salad selection that your child will love while providing them with nutritious meal. We also offer our popular Craveables program, which provides a packaged lunch, similar to those you find in your grocery store's meat/deli section, but which meets all of the National School Lunch Program guidelines. Popular selections include Super Fruit Craveable, Walking Taco Craveable, and our Pizza Craveable. Our grab and go program, Chef Fresh, also provides another great option for healthy, freshly prepared packaged salads, sandwiches, yogurts, smoothies, snacks, and more.

At Metz Culinary Management we understand the importance of proper nutrition for the health and well-being of school-age children, so we place special emphasis on nutrition education in every school we serve. We have created our **Live Well program**, a combination of educational programs that work in conjunction with our menu to help students develop healthy eating habits that will last a lifetime. With the uncertainty faced in this new school year, our Live Well programs have been updated to be low contact, while still providing students with important information and healthy menu options.

Live Well

Nutritious Friends, the introduction of different fruits and vegetables each month. Educational information and a recipe featuring the fruit or vegetable will be placed online and will also be available for students to take home. The Nutritious Friend fruit or vegetable will be featured on the menu throughout the month.

Nutritious Friendly Snacks, not only great tasting, but great for you. The Nutritious Friendly Snack Program encourages healthy snack choices. Our team of dietitians follows stringent guidelines as they carefully select healthy snacks for the program.



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Wellness Education Programs are designed by our registered dietitians and tailored to each age group. While younger children are taught the importance of MyPlate guidelines teenagers are more interested in learning about reading nutrition labels and proper snacking. Our registered dietitian and nutrition educator will be available to present a lesson through a streaming video conference service, like Zoom, or via a pre-recorded video.

We are proud of our relationship with Karns City Area School District and are honored to serve your children. Please feel free to contact me with any questions or concerns.

Sincerely,
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