



LAMPETER-STRASBURG SCHOOL DISTRICT

FOOD SERVICES NEW INFORMATION FOR PARENTS 2020/21

Welcome to the Lampeter-Strasburg School District Food Services! Our food service department offers nutritious breakfast and lunch options for all full-day students and children enrolled in our School Age Child Care (SACC) program. With the impact of COVID-19 affecting all of us we have made some changes to the way we are serving meals this school year. For this reason, we are **STRONGLY** encouraging students to utilize the lunches made at school and **NOT** bring lunches from home. Lunch boxes harbor many germs and we cannot guarantee the cleanliness of areas that are touched by outside items.

Did you know?

Our district participates in the National School Lunch Program, following strict national and state nutrition guidelines, and provides nutritious lunches that contain one-third of the recommended daily dietary allowance of nutrients. Our district adheres to the recommended USDA dietary guidelines from MyPlate. This Food Guide focuses on nutrition and fitness, because the two go hand in hand. It is designed to help kids and parents to not only understand the guidelines but to also provide practical advice on how to provide healthy and balanced diet. Recommendations are tailored for kids based on age, gender, and exercise habits.

We are most often able to provide healthier meals than those sent from home. With our school lunches you can also be guaranteed that our food meets the required temperatures. Did you know that packing a lunch without providing the proper cooling can spoil the food and make a person ill? That does not happen with our school lunches.

Here at L-S, we also provide **4** main entrée choices **EVERY** day, one of which is a salad. So, even the pickiest of eaters have choices. Challenging your children to eat at school helps them to learn to make choices on their own.

What are we doing different this year?

With the increased sanitary precautions, we have been diligently working to ensure that your kids have the safest and cleanest environment to eat. This year all items will be wrapped and/or covered before being given to the students. We have eliminated any extra "touch points" by doing so. We will also have wrapped utensils and socially distanced dining at tables and in the serving lines. Our team will also be sanitizing the serving line and tables between lunches and groups of students.

In addition, each child will be given a scan card that is linked to their account. They will simply scan the card when purchasing meals in the Cafeteria. This has taken the place of students entering a PIN number when purchasing meals, thus eliminating another "touch point." Parents deposit money into the account to pay for school meals. We have also eliminated CASH payments at meal time. Parents may send cash or check into school to be added to their child's account, or they may pay online through SchoolCafe. If a student brings cash to lunch, no change will be given. The balance will be added to their account for future purchases.

Thank you so much, and know that we are committed to serving your children the best possible meals on a daily basis.

If you have further questions, please call or email our food services department.

Cheryl Schmidt, Food Service Director
717-358-1903 cheryl_schmidt@l-spioneers.org



For Parents

- **School meals matter!** The school day just got healthier thanks to new school breakfast and lunch meal standards. Encourage your child to check out these new meals and find their favorites.
- **The new school meals focus on more whole grains, fruits, and vegetables;** low-fat or non-fat milk; and less sodium and fat.
- **Teachers will tell you that well-nourished kids are ready to learn and do better in class.** When we give kids plenty of healthy food choices and regular physical activity at school, they learn healthier habits for life.
- **Nutritious meals and snacks will help kids stay healthy,** reducing their risk for obesity, diabetes, high blood pressure, and other serious chronic diseases.
- **School meals are “rightsized.”** Based on their age, students are getting the right portions and now they will be getting more of some foods like fruits and vegetables.
- **You have the power to encourage your children to build a healthy plate at school and home.** Review the school menu with your kids and encourage them to try new foods, especially the healthy foods offered.
- **Your child picks up all of your attitudes and behaviors** – including your eating habits. Since kids love to copy what their parents do, they are likely to mimic your willingness to try new foods.
- **Kids need to try new foods many times before they like them!** Here are some helpful tips to take an active role in school meals and encourage your children to eat healthy foods:
 - **When your child gets home from school,** ask what was served and what (s)he ate for lunch.
 - **Eat meals with your child(ren) whenever possible.** Let your child see you enjoying fruits, vegetables, and whole grains at meals and snacks.
 - **Grocery shopping can teach your children about food and nutrition.** Help your children make healthy choices.
 - **Discuss where vegetables, fruits and grains, dairy and protein foods come from** with your child.
 - **Share the adventure** and serve new foods offered in the school cafeteria at home.
- **The School Day Just Got Healthier!** Together we can make a difference and help our kids develop healthy habits for life.

www.fns.usda.gov/healthierschoolday



LAMPETER-STRASBURG SCHOOL DISTRICT

FOOD SERVICES FOR ONLINE INSTRUCTION STUDENTS 2020/21

The Food Services Department of Lampeter Strasburg School District will be preparing bagged breakfast and lunch meals for students that are doing online learning the first semester.

For the first few weeks meals will be distributed from Lampeter Strasburg High School twice a week. Distribution will be by drive up at the entrance to the PAC. You will drive up, give your names and meals will be placed in the car for you. Monday's distribution will be from 12:30pm until 2:30pm and Wednesday's distribution will be from 10:00am until 12:30pm. Mondays meals will include 2 breakfast and 2 lunch meals and Wednesdays distribution will include 3 breakfast and 3 lunch meals.

YOU MUST COMPLETE THE FORM AND OPT IN FOR THIS SERVICE! EXTRA MEALS WILL NOT BE AVAILABLE THE DAY OF DISTRIBUTION!

***MEALS ARE CHARGED TO YOUR STUDENTS LUNCH ACCOUNT ACCORDING TO THEIR STATUS. PAID STUDENTS WILL BE CHARGED FULL PRICE FOR THE MEALS!**

You may Opt in or out at any time, failure to pick up meals will result in charges still being made to the account!

Please complete the attached form and return it ASAP to: LS Food Services Attn: Cheryl Schmidt, Hans Herr Elementary. OR Cheryl_schmidt@l-spioneers.org.

Thank you so much, and know that we are committed to serving your children the best possible meals on a daily basis.

If you have further questions, please call or email our food services department.



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BAGGED MEALS OPT IN FORM 2020/21

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My Students will be participating in the bagged meal program for online learners.

NAME: _____ GRADE: _____

NAME: _____ GRADE: _____

NAME: _____ GRADE: _____

NAME: _____ GRADE: _____

***By signing this form I am acknowledging that my students' lunch account will be charged accordingly for all prepared meals.**

Parent Name Printed: _____

Signature: _____ Date: _____