



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

BAGGED MEALS OPT IN FORM **2020-2021 SCHOOL YEAR**

The Lampeter-Strasburg School District Food Service Department will be preparing bagged breakfast and lunch meals for students who have selected online learning for the first semester of the 2020-2021 school year. **We are pleased to announce that school meals are now free for all children from birth to age 18 through the remainder of the school year.**

Bagged meals will be distributed on **Mondays and Wednesdays from 12:30-2 p.m.** Monday distribution will include two breakfasts and two lunches while Wednesday distribution will include three breakfasts and three lunches. Participating families can pick up meals outside the Performing Arts Center (PAC) entrance of Lampeter-Strasburg High School during the times listed above. Drivers should pull up, open their trunks, and a member of the food service team will take their information and deliver their meals. Drivers should wear a mask or face covering when picking up meals.

We encourage you to participate in this program by completing and returning this form as soon as possible. Completed forms can be emailed to cheryl_schmidt@l-spioneers.org, hand delivered to a school office, or mailed to Lampeter-Strasburg School District, Food Service Department, PO Box 428, Lampeter, PA 17537. Thank you!

Yes, My Children Will Participate in the Bagged Meal Program for Online Learners

TOTAL NUMBER OF CHILDREN: _____

STUDENT NAMES: _____

CIRCLE THE DAYS YOU WOULD LIKE MEALS: M T W TH F
(Pickup days are Mondays and Wednesdays)

PLEASE NOTE IF ANY PRESCHOOL CHILD HAS ANY FOOD ALLERGIES: _____

Parent Name Printed: _____ Date: _____

Email: _____ Phone: _____

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