

WELCOME BACK!



DEAR PARENTS,

The beginning of the school year is approaching and we would like to extend a warm welcome to let you know that Whitsons School Nutrition has exciting plans for the school meal program. Our goal is to serve nutritious, well-balanced meals that appeal to students and the school community. We are pleased to provide a comprehensive school dining program at Spotswood School District that meets the National School Lunch and Breakfast Program requirements and engages students in developing a positive "Fooditude".

At Whitsons we are going back to a time when good food was simple. As part of our new Simply Rooted™ Food Philosophy we are focused on using ingredients that are locally sourced, all-natural, organic or non-GMO, and minimally processed, whenever possible. We're going back to our roots and we would like the entire Spotswood School District school community to join us on this journey. Some new items that may appear on menus include: organic veggie burgers, whole grain pasta with organic tomato sauce, organic meats such as turkey and sausages, organic applesauce and a variety of fresh fruit side dishes, PIZZA Fridays in the Elementary Schools, as well as, STICKER DAY, just to name a few.

Here is some general information that will be helpful to begin the new school year:

Online Payments can be processed through: <https://payforit.net/>

MEAL PRICES:

	Breakfast	Lunch
Paid	N/A	Elem=\$3.20 Secondary\$3.50
Reduced	N/A	\$.40
Adult	N/A	\$4.50

Low-fat milk is available with all meals. All 8 oz. cartons are \$.65.



FOODITUDE:

Our interactive healthy eating program, called Fooditude, motivates and inspires students to consider the many benefits healthy eating and exercise have on their growing bodies and minds. With Fooditude, we are embarking on a movement to help students develop positive self-esteem and healthy eating habits by making a connection between attitudes and living healthy. It's all about making the connection between food and healthy habits.

At elementary schools, our award-winning Nutrition Safari[®] program will introduce younger students to lovable animal characters to teach them about selecting healthy choices from each different food group for a well-balanced diet. The program's mission is to increase participation in the National School Lunch Program and encourage students to develop lifelong healthy eating habits.

At secondary schools, monthly Fooditude Flaves will feature trendy menu items and activities to engage older students. Whitsons has also invested in professional signage and merchandising that creates a food court-style environment. It's like going out to lunch without ever leaving the building. Our goal is to entice students to make nutritious and delicious meal choices.

OTHER INFORMATION:

To learn more about Whitsons, visit our website at whitsons@spsd.com. We're excited about our partnership with Spotswood School District and hope to provide a great program while becoming part of the Spotswood community.

Your opinion matters to us. If you have any suggestions for the school nutrition program, please contact your Food Service Director **Christine McLean, MA.** at whitsons@spsd.com. Details of our program, as well as school menus and other important information are available at whitsons@spsd.com. We are here to serve both you and your children's needs, and look forward to being a part of your community for many years to come.

Sincerely,
Christine McLean, MA.
Food Service Director
Whitsons Culinary Group

