



Dear Parent/Guardian:

The Food Service Program will be in operation in all schools beginning on the first day of school. The price for the Standard (complete) lunch will be **\$2.75 for elementary students** and **\$3.00 for middle and high school students**. The complete lunch consists of five nutritious components -- protein, bread, two fruits/vegetables, and milk. The price of a ½ pint of milk is \$0.75.

For the first 3 days of school, your kindergarten and first-grade student is invited to enjoy a lunch in the cafeteria at no charge, compliments of Metz Culinary Management, Inc. This will enable your student to become familiar with our selection of foods, taken from the basic food groups, and the cafeteria service. *All lunch menus are available by logging onto the district's website, selecting your child's school, and selecting the Food Service section.*

Deposits to your child's cafeteria account should be sent in on the first day of every week in all schools. Checks should be made payable to "W.J.H.S.D. Cafeteria Fund." Please be advised that you are permitted to make on-line payments and various on-line inquiries at www.schoolcafe.com.

Nutrition is a major factor for all people, regardless of age. The National School Lunch Program provides one-third of the nutritional requirements for the students. Applications for **Free and Reduced Price Meals** are available on line on the District website Food Service Section or through www.schoolcafe.com.

We look forward to welcoming your student(s) into the cafeteria and hope that you encourage him/her to become one of our regular customers.

John Rambo
Food Services Director
jrambo@wjhsd.net
412-655-8610 x6270