



Dear Parents:

Welcome to dining with Metz Culinary Management! We are proud and excited to be your foodservice provider at West Jefferson Hills School District and part of your community. Our “customer first” philosophy is our commitment to you and your children by providing innovative programs, educational materials and, most importantly, nutritious meals that your children will enjoy.

Our commitment to nutrition begins with several programs. We use proven cooking methods to create great tasting meals that kids really enjoy while improving nutrition at the same time.

Our lunch options include products such as fresh vegetables, multi-grain breads, whole-wheat pastas and pizza dough, baked white meat chicken and other entrees that your kids will love while helping them to eat a more nutritious meal. Our dessert and snack menu includes a variety of fresh and dried fruits, reduced calorie ice creams, cookies and treats that provide the taste that kids love, but are more nutritious for them.

At Metz Culinary Management we understand the importance of proper nutrition training to the health and well-being of school children, so we place special emphasis on nutrition education in every school we serve. We have created **Wellness Counts! 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!

**Our *Wellness Counts!* Programs**

Wellness Friends- Our dietitians and team members make age-appropriate presentations at each school, focusing on making nutrition education and healthy eating an interesting experience.

Nutritious Friends- We introduce different fruits and vegetables each month in menu items and special promotions.

Commissioner Nutrition- Our lovable bear educates elementary students and investigates nutrition and the fruit or vegetable of the month through stories, fun facts and giveaways.

Nutritious Friendly Snacks- Not only great tasting, but also 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.

Wellness Education Programs - These are designed by our registered dietitians and tailored to each age group. While younger children are taught the importance of “5-A-Day,” teenagers are educated about the dangers of fad dieting.

These are just a few of the programs your children can look forward to with Metz Culinary Management. We look forward to and are honored and proud to serve your children. Please feel free to contact me at 412-655-8610 ext. 6270 or [jrambo@wjhsd.net](mailto:jrambo@wjhsd.net) anytime with suggestions and comments, or issues that you feel are important to your child. Our doors are always open and we welcome the opportunity to discuss our program with you.

Sincerely,

John Rambo  
Food Service Director