



**BALANCED CHOICES**  
*for a healthy lifestyle*



Dear Parents(s) and Guardian(s):

Chartwells is pleased to be the food service provider at your child's school. We appreciate you taking the time to read this letter to familiarize yourself with Chartwells nutritious food program and meal plan procedures for 2016/2017 school year.

All menu items meet provincial guidelines for healthy eating. Within those guidelines we offer favorite meals using **better-for-you products and cooking methods**. For example, our cookies are 1oz low fat and sodium and high fibre; pizza is made using low fat cheese and turkey pepperoni; breaded chicken is low fat and sodium and high fibre; fries are low fat, low sodium and oven baked; dressings are low fat. Our new menu offers tastes that children enjoy while meeting provincial policies for school food service.

Chartwells provides menus based on a menu cycle. You can choose from any the following meal plans:

- 1. Order Daily** - Students must come to the cafeteria before morning classes start and purchase their lunch choices for that day.
- 2. Pre-purchase** - Choices are to be circled and submitted with payment.  
\*\*\*With the preorder system your child does not have to go to the cafeteria prior to classes starting to place lunch order.

Included with this letter are this month's menu and school year price list indicating items that need to be preordered prior to class starting to ensure availability.

Chartwells provides a Milk program for students who do not purchase the meals. The cost for the 250ml White Milk is \$0.40 per day, \$4.00 for 10 days, or \$8.00 for 20 days.

Please include your child's name and classroom on the cheque and return to the cafeteria. Cheques are to be made payable to Chartwells. Any NSF cheques are subject to a \$25.00 charge.

Thank you for your support and we look forward to serving you.

Chartwells Education Dining Services