



July 2009

TO: IDS Parents and Students
FROM: Chef Garret Jagdmann
SUBJECT: 2009 - 2010 Lunch Program Overview

**REMINDER: OUR LUNCH PROGRAM STARTS
WEDNESDAY, AUGUST 19; *FIRST DAY OF SCHOOL***

Welcome to all of our new and returning IDS students and families. IDS would like to thank all students, parents, faculty, and especially the volunteers who helped make our lunch program such a success for the past two years!

The #1 Goal of the Lunch Program is to provide all of our children with a high quality, nutritious, cost effective, positive lunch experience. All of the hot lunches will mirror the National School Lunch standards for daily requirements of protein, vegetable, fruit, dairy and grain.

Based on great recommendations from our community, we have some new additions to the lunch program:

- Papa John's will be supplying pizza for our Pizza Day every Wednesday.
- We will be replacing Restaurant Appreciation Day with our theme days such as **Grillin' and Chillin' Fridays** (cook-outs with fresh grilled hamburgers and hot dogs); **Flap-Jack Frenzy Day** (fresh homemade pancakes) and **Fabulous French Toast Day!**

The IDS Lunch Program will include a choice of: 1.) Meal, 2.) Salad or a 3.) Box Lunch. As you review the first offering for this school year, you will find a wide variety of healthy kid-friendly food choices. We also include **fresh cut seasonal fruit, garden fresh veggies, and a beverage with every meal.** Please, see the lunch menu for offerings. Attached you will find our menu for August/September/October. The Lunch Program will be divided into three (3) calendar offerings.

- I.** August 19 thru October 30 - (47 lunch days)
- II.** November 2 thru February 26 - (62 lunch days)
- III.** March 1 thru June 2 - (58 lunch days)

Our first lunch offering will begin the FIRST DAY OF SCHOOL –Wednesday AUGUST 19, 2009. It is very important that families who wish to participate in the lunch program the first week of school, return the lunch order form to the IDS Office by **Thursday, August 13.**

Please enclose a check with your child's order form and return it to the IDS business office. **Walk-ups** will be charged monthly for the box lunches. Please note that there are no refunds or lunch exchanges due to student absences or field trips.

Three weeks prior to the start of each new lunch offering, families will receive a new PFA Lunch Order Form and Monthly Calendar. The IDS Lunch Program also has many purchase plans available –all purchase plans include a beverage - water, fruit juice, or milk.

Option #1 – Win Win Plan; this plan will provide your child with lunch everyday during the school year (except for half days). Lunch will be served 167 days this year. With this plan you make a one time purchase of \$625 (**\$3.74 a lunch**) and have peace of mind knowing your child will be provided with a delicious and nutritious meal daily. Please select meal or salad on the attached order form for session one through October 30. You will be able to make new choices in each of the three sessions.

Option #2 – Full Purchase Plan; this plan will provide your child with lunch for the entire first offering (August 19th thru October 30). Please select a meal or salad on the attached order form. The cost of this plan is **\$4.00 a lunch**. Your total cost will be (**\$4.00 x 47 days**) **\$188.00** for the first session.

Option #3 – Partial Purchase Plan; this plan will allow you to pick and choose from the attached order form. Please select a meal or salad for days you would like to purchase lunch. The price of this plan is **\$4.75 a lunch**.

Option #4 – Walk Up Charges; this is for students needing a lunch. These students will be provided with a box lunch which includes their choice of a fresh turkey and cheese **or** peanut butter and jelly sandwich, chips, granola bar, apple sauce, and a beverage. All walk up lunches will be charged **\$5.50** or you can pay cash at the time of purchase. If there is enough of the meal of the day, that is a possible choice depending on the amount of food remaining.

Option #5 -Drink Options; students bringing a lunch from home or someone who has purchased a lunch may buy a beverage for **\$1.00**.

If you purchase the Win Win or Full Purchase Plans, your child has the option of substituting a boxed lunch for a hot meal at the time of service. Students will make their beverage selection at lunch time. Daily beverage choices consist of one (1) of the following per lunch:

- Milk (white or chocolate) or
- Bottled water or
- 100% fruit juice

At any time, should any IDS parent have any questions regarding the Lunch Program, please feel free to contact Chef Garret or Billie Valloreo at (813)-961-3087.



LUNCH ORDER FORM

AUGUST 19 - OCTOBER 30, 2009

Student Name: _____ Grade: _____ Homeroom Teacher: _____

OPTION #1: FULL PURCHASE - DAILY LUNCH SERVICE

Student is provided lunch daily from August 19, 2009 thru October 30, 2009

INSTRUCTIONS: For full purchase plan: please circle or color in the box for either DAILY MEAL SELECTION or SALAD OF THE WEEK. All meals include a choice of low fat milk, bottle water, or 100% fruit juice. (For students who wish to purchase more than one meal per day - please indicate with a number (example: 2 or 3) in the column and recalculate the total number of lunches.). We will supply side dishes. Pizza Day will be supplied by Papa John's. See menu attached.

Aug-09

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
						19	MEAL	SALAD	20	MEAL	SALAD	21	MEAL	SALAD
24	MEAL	SALAD	25	MEAL	SALAD	26	MEAL	SALAD	27	MEAL	SALAD	28	MEAL	SALAD
31	MEAL	SALAD												

Sep-09

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
			1	MEAL	SALAD	2	MEAL	SALAD	3	MEAL	SALAD	4	MEAL	SALAD
7	<i>SCHOOL HOLIDAY</i>		8	MEAL	SALAD	9	MEAL	SALAD	10	MEAL	SALAD	11	MEAL	SALAD
14	MEAL	SALAD	15	MEAL	SALAD	16	MEAL	SALAD	17	MEAL	SALAD	18	MEAL	SALAD
21	MEAL	SALAD	22	MEAL	SALAD	23	MEAL	SALAD	24	MEAL	SALAD	25	MEAL	SALAD
28	MEAL	SALAD	29	MEAL	SALAD	30	<i>NOON DISMISSAL</i>							

Oct-09

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
									1	<i>STUDENT HOLIDAY</i>		2	<i>STUDENT HOLIDAY</i>	
5	MEAL	SALAD	6	MEAL	SALAD	7	MEAL	SALAD	8	MEAL	SALAD	9	MEAL	SALAD
12	MEAL	SALAD	13	MEAL	SALAD	14	MEAL	SALAD	15	MEAL	SALAD	16	MEAL	SALAD
19	MEAL	SALAD	20	MEAL	SALAD	21	MEAL	SALAD	22	<i>NOON DISMISSAL</i>		23	<i>STUDENT HOLIDAY</i>	
26	MEAL	SALAD	27	MEAL	SALAD	28	MEAL	SALAD	29	MEAL	SALAD	30	MEAL	SALAD

DAILY LUNCH SERVICE	COST PER LUNCH		Number of lunch days		GRAND TOTAL
8/19/09-10/30/09	\$4.00	X	47	=	\$188.00

MAKE CHECKS PAYABLE TO IDS. CHECK NUMBER: _____

LUNCH FORM

AUGUST 19 - OCTOBER 30, 2009

Student Name: _____ Grade: _____ Homeroom Teacher: _____

OPTION #2: PARTIAL PURCHASE PLAN - SELECTIVE LUNCH SERVICE

Students are given the option of selecting only the meals they wish to purchase.

INSTRUCTIONS: For partial purchase plan: please circle or color in the box for either DAILY MEAL SELECTION or FRESH GARDEN SALAD. All meals include a choice of low fat milk, bottle water, or 100% fruit juice. (For students who wish to purchase more than one meal per day - please indicate with a number (example: 2 or 3) in the column and recalculate the total number of lunches.). We will supply side dishes. Pizza Day will be supplied by Papa John's. See menu attached.

Aug-09

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
						19	MEAL	SALAD	20	MEAL	SALAD	21	MEAL	SALAD
24	MEAL	SALAD	25	MEAL	SALAD	26	MEAL	SALAD	27	MEAL	SALAD	28	MEAL	SALAD
31	MEAL	SALAD												

Sep-09

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
			1	MEAL	SALAD	2	MEAL	SALAD	3	MEAL	SALAD	4	MEAL	SALAD
7	<i>SCHOOL HOLIDAY</i>		8	MEAL	SALAD	9	MEAL	SALAD	10	MEAL	SALAD	11	MEAL	SALAD
14	MEAL	SALAD	15	MEAL	SALAD	16	MEAL	SALAD	17	MEAL	SALAD	18	MEAL	SALAD
21	MEAL	SALAD	22	MEAL	SALAD	23	MEAL	SALAD	24	MEAL	SALAD	25	MEAL	SALAD
28	MEAL	SALAD	29	MEAL	SALAD	30	<i>NOON DISMISSAL</i>							

Oct-09

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
									1	<i>STUDENT HOLIDAY</i>		2	<i>STUDENT HOLIDAY</i>	
5	MEAL	SALAD	6	MEAL	SALAD	7	MEAL	SALAD	8	MEAL	SALAD	9	MEAL	SALAD
12	MEAL	SALAD	13	MEAL	SALAD	14	MEAL	SALAD	15	MEAL	SALAD	16	MEAL	SALAD
19	MEAL	SALAD	20	MEAL	SALAD	21	MEAL	SALAD	22	<i>NOON DISMISSAL</i>		23	<i>STUDENT HOLIDAY</i>	
26	MEAL	SALAD	27	MEAL	SALAD	28	MEAL	SALAD	29	MEAL	SALAD	30	MEAL	SALAD

DAILY LUNCH SERVICE	COST PER LUNCH	Number of lunch days	GRAND TOTAL
8/19/09-10/30/09	\$4.75	X _____	=

MAKE CHECKS PAYABLE TO IDS. CHECK NUMBER: _____

August / September 2009

	Monday	Tuesday	Wednesday	Thursday	Friday	
<p>LUNCH</p> <p>NOTES:</p> <p>1. FRESH AND DELICIOUS GARDEN SALADS WITH GRILLED CHICKEN: AVAILABLE DAILY</p> <p>2. FRESH TURKEY SANDWICH ON A CHABBATTA ROLL or PB&J ARE ALSO AVAILABLE DAILY</p> <p>3. ALL FRUIT IS SERVED <u>FRESH</u> DAILY</p>			<p>AUGUST 19 PIZZA DAY WITH COOKIE, FRESH FRUIT, & VEG DU JOUR</p>	<p>20 CHICKEN PARMESAN WITH PASTA, FRESH FRUIT, & VEG DU JOUR</p>	<p>21 HOMEMADE MAC N' CHEESE GREEN BEANS AND FRESH FRUIT</p>	
	<p>24 MMMM GOOD! FRIED CHICKEN CHEESY POTATOES FRESH FRUIT & VEG DU JOUR</p>	<p>25 "HOLA! IT'S TACO TUESDAY" BEEF SOFT TACOS RICE N BEANS & FRESH FRUIT</p>	<p>26 PIZZA DAY WITH COOKIE, FRESH FRUIT, AND VEG DU JOUR</p>	<p>27 MAMA MIA! SPAGHETTI AND MEATBALLS WITH FRESH FRUIT & VEG DU JOUR</p>	<p>28 GRILLED CHEESE FRESH FRUIT, VEG DU JOUR AND ITALIAN ICE</p>	
	<p>31 FISH FILLET TATER TOTS VEG DU JOUR AND FRESH FRUIT</p>	<p>SEPTEMBER 1 JUMBO CORN DOGS WITH FRESH FRUIT, RED POTATOES AND VEGGIE</p>	<p>2 PIZZA DAY WITH COOKIE, FRESH FRUIT, AND VEG DU JOUR</p>	<p>3 CHICKEN TENDERS MASHED POTATOES FRESH FRUIT AND VEG DU JOUR</p>	<p>4 "GRILLIN N' CHILLIN' FRIDAY" HAMBURGERS, CHIPS, BAKED BEANS AND FRESH FRUIT</p>	
	<p>7 LABOR DAY SCHOOL HOLIDAY</p>	<p>8 SOUTHWESTERN QUESADILLAS YELLOW RICE FRESH FRUIT AND BLACK BEANS</p>	<p>9 PIZZA DAY WITH COOKIE, FRESH FRUIT, AND VEG DU JOUR</p>	<p>10 FRESH BAKED ZITI CAESAR SALAD, FRESH FRUIT AND GARLIC BREAD</p>	<p>11 "GRILLIN N' CHILLIN' FRIDAY" HOT DOGS, CHIPS, BAKED BEANS AND FRESH FRUIT</p>	
	<p>14 FABULOUS FRENCH TOAST, SCRAMBLED EGGS, TURKEY SAUSAGE, AND FRESH FRUIT</p>	<p>15 FETTUCCINI ALFREDO W/ CHICKEN, FRESH FRUIT AND SUGAR PEAS</p>	<p>16 PIZZA DAY WITH COOKIE, FRESH FRUIT, AND VEG DU JOUR</p>	<p>17 CHICKEN TENDERS, TATER TOTS, FRESH FRUIT AND VEG DU JOUR</p>	<p>18 HOMEMADE MAC N' CHEESE GREEN BEANS AND FRESH FRUIT</p>	
	<p>21 CHICKEN PARMESAN WITH PASTA, FRESH FRUIT, AND VEG DU JOUR</p>	<p>22 MMMM GOOD! FRIED CHICKEN, CHEESY POTATOES, FRESH FRUIT AND VEG DU JOUR</p>	<p>23 PIZZA DAY WITH COOKIE, FRESH FRUIT, AND VEG DU JOUR</p>	<p>24 MAMA MIA! LASAGNA DAY CAESAR SALAD, FRESH FRUIT AND GARLIC BREAD</p>	<p>25 "FLAP JACK FRENZY FRIDAY" PANCAKES, EGGS, TURKEY SAUSAGE, AND FRESH FRUIT</p>	

September / October 2009

	Monday	Tuesday	Wednesday	Thursday	Friday		
<p><u>LUNCH NOTES:</u></p> <p>1. FRESH AND DELICIOUS GARDEN SALADS WITH GRILLED CHICKEN: AVAILABLE DAILY</p> <p>2. FRESH TURKEY SANDWICH ON A CHABBATTA ROLL AND PB&J ARE ALSO AVAILABLE DAILY</p> <p>3. ALL FRUIT IS SERVED <u>FRESH</u> DAILY</p>	<p>28 FISH FILLET TATER TOTS VEG DU JOUR AND FRESH FRUIT</p>	<p>29 "HOLA! IT'S TACO TUESDAY" BEEF SOFT TACOS, RICE N BEANS AND FRESH FRUIT</p>	<p>30 NOON DISMISSAL</p>	<p>OCTOBER 1 STUDENT HOLIDAY</p>	<p>2 STUDENT HOLIDAY</p>		
	<p>5 JUMBO CORN DOGS WITH FRESH FRUIT, RED POTATOES, AND VEG DU JOUR</p>	<p>6 MAMA MIA! SPAGHETTI AND MEATBALLS WITH FRESH FRUIT AND GARLIC BREAD</p>	<p>7 PIZZA DAY WITH COOKIE, FRESH FRUIT, AND VEG DU JOUR</p>	<p>8 CHICKEN TENDERS, MASHED POTATOES, FRESH FRUIT AND VEG DU JOUR</p>	<p>9 GRILLED CHEESE, FRESH FRUIT, VEG DU JOUR AND ITALIAN ICE</p>		
	<p>12 FABULOUS FRENCH TOAST, SCRAMBLED EGGS, TURKEY SAUSAGE, AND FRESH FRUIT</p>	<p>13 FRESH BAKED ZITI, CAESAR SALAD, FRESH FRUIT AND GARLIC BREAD</p>	<p>14 PIZZA DAY WITH COOKIE, FRESH FRUIT, AND VEG DU JOUR</p>	<p>15 SOUTHWESTERN QUESADILLAS, YELLOW RICE, FRESH FRUIT AND BLACK BEANS</p>	<p>16 "GRILLIN' N' CHILLIN' FRIDAY" HAMBURGERS, CHIPS, BAKED BEANS AND FRESH FRUIT</p>		
	<p>19 MMMM GOOD! FRIED CHICKEN, CHEESY POTATOES, FRESH FRUIT AND VEG DU JOUR</p>	<p>20 MAMA MIA! LASAGNA DAY, CAESAR SALAD, FRESH FRUIT AND GARLIC BREAD</p>	<p>21 PIZZA DAY WITH COOKIE, FRESH FRUIT, AND VEG DU JOUR</p>	<p>22 NOON DISMISSAL</p>	<p>23 STUDENT HOLIDAY</p>		
	<p>26 MAMA MIA! SPAGHETTI AND MEATBALLS, WITH FRESH FRUIT AND VEG DU JOUR</p>	<p>27 "FLAP JACK FRENZY TUESDAY" PANCAKES, EGGS, TURKEY SAUSAGE AND FRESH FRUIT</p>	<p>28 PIZZA DAY WITH COOKIE, FRESH FRUIT, AND VEG DU JOUR</p>	<p>29 JUMBO CORN DOGS WITH FRESH FRUIT, RED POTATOES AND VEGGIE DU JOUR</p>	<p>30 "GRILLIN' N' CHILLIN' FRIDAY" HOT DOGS, CHIPS, BAKED BEANS AND FRESH FRUIT</p>		