



## St. Albert Nutrition Services Ascension School Cafeteria

Dear Parents & Students,

The link between nutrition and academic performance is well documented. Proper nutrition and healthy eating patterns are essential for students to achieve their academic potential, obtain physical and mental growth and develop lifelong health and well being. Your school cafeteria is committed to the wellness of your students. Below are our 2010-2011 prices and some nutritional sites for your children and our own nutritional newspaper found on the Cafeteria Website.

To add funds to your students lunch account, go to the school website, Online Payments – payment form. Of course you can always send in checks and cash in separate envelopes with child's name and pin number. Websites for Nutrition:

[www.kidnetic.com](http://www.kidnetic.com)  
[www.fueluptoplay.com](http://www.fueluptoplay.com)  
[www.nflrush.com](http://www.nflrush.com)  
[www.nationaldairycouncil.org](http://www.nationaldairycouncil.org)



### 2010-2011 Prices

- ☺ Lunch costs will remain the same this year. Grades K-8 is \$2.50. Adult lunch is \$2.75. Breakfast for all Grades is \$1.35. Reduced Lunches \$.40, Reduced Breakfast \$.30.

For the Peanut allergy students – please watch menu for the “peanut man”.



- ☺ You will be able to view your student's account balance. All you need is the Child's pin number. There is no charge to view your student's balance, however, there will be a small fee for making a credit card payment on the website. You can also make a payment by sending cash, or check to your school Cafeteria. Please send all checks/cash in the family envelopes. Please put in separate envelopes with child's name and pin number. Cafeteria Pre-Pay computer System will automatically deduct the amount of the sale from your students account. (Activated by their pin number)
- ☺ We have a new charge policy this year. We will give verbal warnings when account is \$5.00 or less, and notices will go home that are given out on the serving line. A student will only be allowed to charge up to 2 lunches and 2 breakfasts. After that, only a peanut butter sandwich will be offered. You may at any time, check you child's balance on-line to avoid charges.
- ☺ Enclosed is an application for free and reduced meals. This application will apply for both lunch and breakfast. Parents please fill this out if you think you are eligible and return the application to the cafeteria no later than Sept. 15<sup>th</sup>. All information is kept confidential. The reduced lunch price is \$.40 a day. Reduced breakfast price is \$.30 a day. If you need help with this application, please call Linda Gibson, Food Service Director at 293-8217 ext. 285. These forms are also attainable on the school website.
- ☺ Posted on your menu, the children will have a choice of the main entrée each day. In addition, Salad Bar & Pizza Lunch will be offered to the upper level grades. Breakfast will also be on the monthly menu.

A menu is also posted on-line every month on the school website.

Please feel free to contact Sharon Jakubs, your Cafeteria Manager at 254-5411

(or e-mail [jakubss@ascensionket.org](mailto:jakubss@ascensionket.org)). She is there to assist you and your children at any time.