



Dear Scarsdale Greenacres Parent,

August, 2015

Lunch in Hand will begin serving Hot lunches to the students of Greenacres this September starting September 3 (Kindergarten 9/28) This is an optional program for the parents and students of Greenacres. For information on our food and the Club visit our website <http://www.lunchinhand.com>

To Register & pay for the Lunch Club go to <http://scgr.lunchinhand.net> see: How to Order online instructions on a separate attachment.

To participate in the Lunch Club you must pay your dues to the PTA at <http://www.scarsdaleschools.k12.ny.us/Page/11878>

Here are the basics of our Lunch Club:

- Complete Hot Lunch includes entrée, potato/grain, vegetable, & dessert.
- Our Lunch Coach serves your children daily.
- Lunch Club runs 4 days a week when school is in session. (not Wednesdays)
- **Student trial lunch-** your child can try our Lunch Club for one month. Email us by October 2 if the club is not for him or her. We will refund you for the lunches not used.
- **Food Preferences/Allergies:** If your child does not like a lunch please let us know at least 24 hours ahead of time. Older children will let the Lunch Coach know ahead of time – they keep records. When you register your child there is a place on the site to list allergies/diets.
- Compostable/ biodegradable plates and cutlery provided.
- Menus are created each month and will be emailed to you at the end of the previous month. Menus are available on the registration site under Information tab & “online documents”.

#### About our Food

- All the chicken we serve is **Anti-biotic and Hormone free**.
- We prepare all the food we serve in our commercial kitchen. Nothing contains fillers, preservatives. We don't fry anything.
- All the fruit we is fresh cut by us. Apples are purchase at a local Farmer's Market.
- **Nut free!** Nothing contains nuts. Bread is purchased from a plant that is nut-free.
- We offer whole grains -the bread we serve is whole wheat bread.
- If your child has allergies please note that when you register your child online.
- If you require a special diet: Vegetarian, Dairy free, Egg free or other please call or email us.
- The alternative lunch (at your/child's request) is Roast chicken and plain pasta
- Each menu includes:
  - Protein: Chicken, Beef, Pork, Turkey, cheese, Tofu (vegetarian)
  - Starch: Grains, Rice, Potatoes, Pasta
  - Vegetables: Broccoli, String Beans, Roast Carrots, Peas & Carrots, Mixed vegetables
  - Fruit: (3 x wk) Pineapple, Watermelon, Cantaloupe, Berries, Apples, orange wedges or Mandarin oranges in season
  - Dessert: 1x a week Cookie, cake, pudding, yogurt

#### Our Food Philosophy

- We believe in variety and continue to try different foods. We work hard to vary the menu and listen to both parents and children.
- We offer substitutes. Your Lunch coach will encourage every child to try a small piece of the food they “don't like”. Studies show that you have to try something at least 7 times to know if you like it. We encourage you try this at home.
- A child will never go hungry. We offer seconds and sometimes thirds for growing children.

Contact us with any questions or concerns e-mail [CMC@dinnerinhand.com](mailto:CMC@dinnerinhand.com) or call 914-380-5084.

#### Pricing

- **Discounts** – we offer early-bird discount you must **pre-pay by Friday, August 28** and again in January. We also offer sibling discounts. All the prices are online
- We require commitment for half year **September – January** and again **February – June**
- **Arriving after school starts?** contact us - we will pro-rate the Lunch fee for you.

We will do our best to accommodate you in every way we can. Don't hesitate to call and ask questions.

*Candida*

Candida Canfield

Founder – Lunch in Hand and Dinner In Hand 914-380-5084 [www.lunchinhand.com](http://www.lunchinhand.com)