

# Each day your child may choose from ...

## Hot Plate Lunch

Listed daily on the menu - always including an entree, a side, fruit or vegetable, and a choice of a small drink.

## Baked Potato Lunch

A hot baked potato with self serve toppings including cheese, sour cream, bacon bits, margarine and chives, served with a fruit or vegetable, and a choice of a small drink.

## Salad Lunch

Green leaf salad with toppings including cheese, fresh cucumber and tomato slices, bacon bits, croutons, and dressings, served with a choice of a small drink.

## Hot Dog Lunch

Lean turkey hot dogs served plain, with lean beef chili, cheese, and/or other condiments available on the side. This is served with side, fruit or vegetable, and a choice of a small drink.

## Hamburger Lunch

Lean beef burger on a bun with self serve toppings including cheese, lettuce, tomato, pickles, onion and other condiments. This is served with side, fruit or vegetables, and a choice of a small drink.

## Sandwich Lunch

A variety of deli sandwiches served on wheat bread and French bread. This is served with side, fruit or vegetables, and a choice of a small drink.



**2010-2011**  
**Holy Spirit**  
**Episcopal School**


## PROGRAM INFORMATION

- CFK uses great-tasting restaurant-quality food. That's why kids love our food.
- Great convenient service: nutritional, easy-to-use - just check your email for notices. Payments are made by check, money order or via the web.
- Our vegetables are fresh or frozen. Seasonal fresh fruit is also served. We provide organics whenever possible.
- Our recipes reduce the use of sugar and the fat content. **We do not serve candy or soda.**
- CFK utilizes healthy cooking methods for all foods. **We do not fry anything.**
- Olive and/or canola oil and low fat mayonnaise will be used in salad dressings. Canola oil is used to make cakes.
- Whole wheat bread is served.
- We provide 100% juice and low fat milk. Bottled spring water is also available as a drink choice.
- We allow parental input to accommodate special dietary needs. Please note this on the following page.
- **NEW!** Salad Bar & Potato Bar

## Questions? Please Call!

Catering For Kids Main Office (281) 990-8070 • During School Year, please call the school cafeteria.  
www.cateringforkids.com



Student's Name (one form for each student, please)	Teacher	HSES Grade	
Parent's Name	Phone Number	Parent's Email Address	

CEC		Pre-K & Kindergarten		Grades 1-2		Grades 3-5		Grades 6-8	
Pre-Paid Lunch Account for lunches at \$4.00 each, on any day		Pre-Paid Lunch Account for lunches at \$4.10 each, on any day		Pre-Paid Lunch Account for lunches at \$4.60 each, on any day		Pre-Paid Lunch Account for lunches at \$4.85 each, on any day		Pre-Paid Lunch Account for lunches at \$5.35 each, on any day	
<input type="checkbox"/> 20 Lunches	\$ 80.00	<input type="checkbox"/> 20 Lunches	\$ 82.00	<input type="checkbox"/> 20 Lunches	\$ 92.00	<input type="checkbox"/> 20 Lunches	\$97.00	<input type="checkbox"/> 20 Lunches	\$107.00
<input type="checkbox"/> 40 Lunches	\$160.00	<input type="checkbox"/> 40 Lunches	\$164.00	<input type="checkbox"/> 40 Lunches	\$184.00	<input type="checkbox"/> 40 Lunches	\$194.00	<input type="checkbox"/> 40 Lunches	\$214.00
<input type="checkbox"/> 80 Lunches (semester - approx.)	\$320.00	<input type="checkbox"/> 80 Lunches (semester - approx.)	\$328.00	<input type="checkbox"/> 80 Lunches (semester - approx.)	\$368.00	<input type="checkbox"/> 80 Lunches (semester - approx.)	\$388.00	<input type="checkbox"/> 80 Lunches (semester - approx.)	\$428.00
<input type="checkbox"/> 160 Lunches (year - approx.)	\$640.00	<input type="checkbox"/> 160 Lunches (year - approx.)	\$656.00	<input type="checkbox"/> 160 Lunches (year - approx.)	\$736.00	<input type="checkbox"/> 160 Lunches (year - approx.)	\$776.00	<input type="checkbox"/> 160 Lunches (year - approx.)	\$856.00

**Extras:**  
 Additional items will be deducted from Pre-Paid Lunch Account. Please account for this in your planning.  
 Additional items such as fruit, chips, juice, milk and a variety of baked goods are available to supplement a lunch brought from home or purchased. These may be purchased with a positive balance in the child's account.  
**Middle School Break** - Middle School may purchase breakfast & snack items during their break. Please account for this in your planning.

**Please make checks payable to Catering For Kids (No Cash Please.)**

**Parental Input:**  
 If you would like a limit for your child's daily purchases, **please specify days and amounts:**

**Daily Limit:**

If you would like to specify certain items to be purchased such as plate lunches only, the exclusion of certain menu choices or allow larger lunch, please specify:

**Dietary Specifications:**  
 Our daily plate lunch often contains meat as a primary source of protein. Some children follow a vegetarian diet, non-dairy diet, or have other dietary restrictions including allergies to specific foods and ingredients.

Student's Dietary Specifics:



- CFK POLICIES- FOR PARENTS**
- After a Negative Balance when an account is depleted, a student may have two plate lunches on credit. If no check is sent in after two IOU Plate lunches, child will get a lunch which consists of a cheese sandwich and a drink (small milk, juice or water). The cost of this lunch is \$2.25.
  - If a student does not order, they will be asked to wait at the back of the line until the cafeteria staff can determine what food is left after serving the students that did order. This moves the line along in a timely fashion avoiding hold-ups because of confusion and assures enough food for those who ordered.
  - All returned checks, stopped checks, etc will incur a charge of \$25. After receiving two (2) returned checks, only money orders or online payments are accepted.
  - "Larger Lunch" is an extra 1/2 size portion of the entrée. This is available for an extra .65 cents. Have your child tell the server that they would like a larger lunch.
    - Lunches may be purchased daily with a pre-paid account. A pre-paid account allows your child to eat on any day during the school year. We will notify you when your pre-paid account is soon to expire. Watch for an email. Payments can be made on-line or via check. (On-line payments may take 3 days to post.)
    - In the event that your child's lunch account is depleted, we grant two (2) IOU lunches. After that, we provide up to two cheese sandwiches for lunch. Continued attempts for lunch on a depleted account will force a cessation of service until the account is recharged.
  - Contact the Cafeteria Staff for up-to-date balance information.
  - A student with a negative balance will not be allowed "extras". Students may NOT charge any food items other than an IOU lunch.