

**Lunchroom Hours: Monday through Friday;
8:30 a.m. to 12:30 p.m.
Lunchroom Phone: 935-1587
Program Coordinator:
Charlotte Diaz, (925)349-5901
School Website: www.wccaeagles.org**

The lunch program is committed to enhancing the nutritional value of the foods offered to students at the school while trying to keep them appealing and attractive. The Dietary Guidelines for Americans recommend that children eat: a variety of foods; choose a diet low in fat, saturated fat, and cholesterol; select plenty of vegetable, fruits, and grain products; use sugar in moderation; and use salt and sodium in moderation.

Based on these recommendations, the lunch program will strive to select foods based on the following goals:

- No more than 10% of the total calories will come from saturated fats daily.
- Total cholesterol will be less than 100 mg four out of five days per week.
- Items that contain trans-fat will be available one day or less per week.
- No more than one item per day will contain added sugar.
- A whole grain alternative to refined grain will be offered 3 out of 5 days per week.
- A fruit and vegetable option will be made available daily.
- A dark-green, red, or orange vegetable will be made available a minimum of 2 days per week. Beans and peas will be used at least 2 times per month.
- Meals will contain a minimum of 5 grams of fiber daily.
- Offer baked food choices instead of fried (or pre-fried or flash fried)
- Select sources of protein that do not have added fillers
- Servings sizes will be modest and appropriate for age

Price List for 2017-18

Regular Lunch (entrée, side dish, fruit or salad, & treat)	\$5.00
Entrée Only (no sides/treat)	\$3.25
Small Entree (1/2 entrée, PBJ, Grilled Cheese, Burrito)	\$2.00
Extra "A La Carte" Items (treats/chips/cookies/ice cream)	\$.75
Juice (Apple or Orange)	\$.75
Milk (2% white, if available)	\$.75
Organic Milk(if available)	\$1.25
Bottled water	\$1.25

Summary —

If you child purchases lunch & milk or juice every day of the week, plan to spend \$5.75 per day, or a total of — \$28.75 per week

While there are two paid positions that coordinate the program, it survives thanks to the volunteer preparation and serving support of numerous parents. If you'd like to help out, your time would be greatly appreciated and the rewards are great! Not only do you earn valuable PPP hours, but one of your children receives credit in his/her account worth the cost of a free lunch. In addition, it's a great way to meet other parents and get to know your child's friends! Typically, we ask for an every-other-week commitment, from 10:30a.m. to 12:30p.m., but there are also some needs for volunteers to help on certain days between 8:30a.m. and 10:30a.m. Whether you want to work for the whole year or just a month, we would value your time!

Frequently Asked Questions

How does the lunch program work? Every student gives the lunch ladies their name when coming thru the line and the students account is pulled up.

How does my child order lunch? Each morning, your child's teacher will take any lunch orders. If you know your child will arrive late to school, please call the office and let them know your child's lunch choice. This is important because each day's count determines exactly how much food is prepared or ordered (like pizza!). When even one child receives a lunch he didn't order, it could mean that another, who did order, won't get their choice for the day.

When can I put money in my child's account? We accept lunch payments on any day of the week. You or your child may give your payment to his teacher, the bookkeeper, or directly to the lunch ladies. These deposits will be posted to your child's account by the next business day. Remember to place your child's name, grade, and teacher in the check's "memo" line or indicate if you want the payment split between two or more children.

What happens if my child's account has a low balance? We strongly encourage all parents to **keep a balance of at least \$25** in their child's account. If your child's account reaches \$15, your child will only be allowed two more lunches with drinks. After that, parents will need to provide lunches from home for their child, or make a deposit to the child's account. Remember, the lunchroom is a convenience, as there is always the option of bringing lunch from home!

Do you sell snacks to the junior high at their first break? Yes! Mr. Jones selects some students to run the computer, thus allowing us to offer this "snack bar" time without interfering with lunch preparations. However, buying snacks is a privilege for those who have money in their account. **If your child has a negative account balance, they will not be allowed to purchase ANY snacks during this time.** Also, if you do not want your child to purchase snacks, please just let us know.

How do I keep track of my child's account? Please note that it is **your responsibility** to check the balance in your child's lunch account weekly on RenWeb so that you can make a deposit into the account before it reaches \$0 balance. Once the balance in the account is \$0 or negative, your child may only purchase an entrée, not a full meal, until your account has been paid in full.

How do I find out the menu? Watch for menu changes each quarter published in the school's WCCA Eagle Forum or go on-line to the website. "Crustless" peanut butter and jelly sandwiches, whole wheat grilled cheese sandwiches, and burritos are the only items that will be available every day, all year long.

Some Final Thoughts...

Please be diligent in monitoring your child's eating habits and account balance. Every effort is made to ensure that no child purchases a lunch or any extras on their account to give to a friend. And no, we don't allow your children to take money out of their account once you've put it in! (Unless you tell us otherwise.)

Remember — if you choose not to put money in your child's account and your child plans to buy lunch, please send him/her with cash for that day's lunch purchase.

Unless your child has purchased a lunch from school the lunchroom does not supply napkins, eating utensils, or plates. If your child is bringing a lunch from home please make sure to include these items in his lunch bag.