

# WELCOME BACK!



## DEAR PARENTS,

The beginning of the school year is approaching and we would like to extend a warm welcome to let you know that Whitsons School Nutrition has exciting plans for the school meal program. Our goal is to serve nutritious, well-balanced meals that appeal to students and the school community. We are pleased to provide a comprehensive school dining program at Phoenixville School District that meets the National School Lunch and Breakfast Program requirements and engages students in developing a positive "Fooditude".

At Whitsons we are going back to a time when good food was simple. As part of our new Simply Rooted™ Food Philosophy we are focused on using ingredients that are locally sourced, all-natural, organic or non-GMO, and minimally processed, whenever possible. We're going back to our roots and we would like the entire Phoenixville School District school community to join us on this journey. Some new items that may appear on menus include: organic veggie burgers, whole grain pasta with organic tomato sauce, organic meats such as turkey and sausages, organic applesauce and a variety of fresh fruit side dishes, just to name a few.

Here is some general information that will be helpful to begin the new school year:

## MEAL PRICES:

Here Meal prices for the 2018-2019 school year are listed below:

	Breakfast	Lunch	Reduced
Elementary	\$1.40	\$2.70	\$.40
Middle	\$1.40	\$2.95	\$.40
High	\$1.40	\$3.10	\$.40
Tiered	N/A	\$3.65	N/A

Low-fat milk is available with all meals. All 8oz cartons are \$.75.

We are excited to offer breakfast at all schools! At the Elementary Schools, breakfast may be eaten in the classroom.

Don't forget to apply for Free/Reduced breakfast and lunch! You must apply each school year! Go to [www.pasd.com](http://www.pasd.com), Parents Tab, Free and Reduced.

You can make lunch payments and manage your child's account via Skyward. It's easy and convenient! Go to [www.pasd.com](http://www.pasd.com), Parents Tab, Skyward. If you need any assistance logging in, please contact IT at 484-927-5093.

Nutritional information as well as ingredients to all our items on the menu can be found online. Go to [www.whitsons.com/phoenixville](http://www.whitsons.com/phoenixville), click on menus and select your school. Click on the name of the food item you want to look up and the nutritional information and ingredients will appear!



## FOODITUDE:

Our interactive healthy eating program, called Fooditude, motivates and inspires students to consider the many benefits healthy eating and exercise have on their growing bodies and minds. With Fooditude, we are embarking on a movement to help students develop positive self-esteem and healthy eating habits by making a connection between attitudes and living healthy. It's all about making the connection between food and healthy habits.

At elementary schools, our award-winning Nutrition Safari® program will introduce younger students to lovable animal characters to teach them about selecting healthy choices from each different food group for a well-balanced diet. The program's mission is to increase participation in the National School Lunch Program and encourage students to develop lifelong healthy eating habits.

At secondary schools, monthly Fooditude Flaves will feature trendy menu items and activities to engage older students. Whitsons has also invested in professional signage and merchandising that creates a food court-style environment. It's like going out to lunch without ever leaving the building. Our goal is to entice students to make nutritious and delicious meal choices.

This school year, students will have the opportunity to taste test different foods each month created by our new Chef, Brad Schweitzer. Look for Chef Brad at the elementary schools at least once a month. At the secondary schools, Chef Brad will be cooking up delicious weekly Chef Specials to include a variety of ethnic foods, vegan and vegetarian dishes as well as the Flaves of the Month!

## OTHER INFORMATION:

New this school year: Meatless Mondays will return starting in August. Every Monday throughout the school year, the main entrée will be meatless at all schools! We have added four new items that will be available daily at the elementary schools: Cheese Sandwich, Sunflower and Jelly Sandwich, Garden Salad with optional cheese, and a plain Romaine salad. A variety of lite dressings will also be available to include Ranch, Italian, Balsamic, and Caesar!

Choosi will return at the High School! The online ordering app for deli sandwiches, salads, and Ruby's grab and go is available to all high school students! Orders must be placed by 9am the day of pick up. Items will be available for pick up at the kiosk.

To learn more about Whitsons, visit our website at [www.whitsons.com/phoenixville](http://www.whitsons.com/phoenixville). We're excited about our partnership with Phoenixville Area School District and hope to provide a great program while becoming part of the Phoenixville community.

Your opinion matters to us. If you have any suggestions for the school nutrition program, please contact your Food Service Director, Lisa Rossi, at [rossil@pasd.com](mailto:rossil@pasd.com). Details of our program, as well as school menus and other important information are available at [www.whitsons.com/phoenixville](http://www.whitsons.com/phoenixville). We are here to serve you and your child(ren)'s needs, and look forward to being a part of your community for many years to come.

Sincerely,

Lisa Rossi  
Food Service Director

