

WELCOME BACK!

DEAR FAMILY,

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 again this year 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 Southern York County School District that meets the National School Lunch and Breakfast Program requirements and engages students in developing a positive attitude on healthy eating.

At Whitsons we have gone back to a time when good food was simple. As part of our 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've gone back to our roots, and we would like the entire Southern York County School District school community to join us on this journey.

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

SCHOOL MEAL MENUS

Our interactive menus may be found online at <https://www.sycsd.org/domain/49> or www.fdmealplanner.com. Interactive menus provide you with the nutritional and allergen information you need to plan your child(ren)'s school meals.

SIMPLY ROOTED® CAFES

Our interactive healthy eating program motivates and inspires students to consider the many benefits healthy eating and exercise have on their growing bodies and minds. With Simply Rooted®, 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 eating 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 encourage students to develop lifelong healthy eating practices.

	Breakfast	Lunch
Paid - Elementary	\$1.25	\$2.50
Paid – Secondary Schools	\$1.25	\$2.70/\$3.50 Premium Meal
Reduced	\$0.30	\$0.40
Free	\$0.00	\$0.00

Rutter's Dairy Low-fat and fat-free milk is available with all meals. All 8 oz. cartons are also available for purchase separate from a meal for \$0.60.

Breakfast is served at the secondary schools: Monday – Friday 7:10 a.m. – 7:40 a.m.
Breakfast is served at the elementary schools: Monday – Friday 8:35 a.m. – 8:50 a.m.



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At secondary schools, monthly Flaves and special event Pop-up Shops 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.

INTRODUCING REAL MEALS™ BY WHITSONS

We're excited to introduce Real Meals™, our new brand for K-12. In keeping with our mission of Enhancing Life One Meal at a Time™, we are dedicated to nourishing the students within the communities we serve with fresh, delicious meals made from scratch using wholesome, local ingredients whenever possible. Real Meals by Whitsons are made from fresh ingredients the way nature intended, and they fuel the minds of our customers. Look for Real Meals at your school this fall.

OTHER INFORMATION

We're excited about our continued partnership with Southern York County School District and look forward to another great year as part of the Southern York County community.

Your opinion matters to us. If you have any suggestions for the school nutrition program, please contact Whitsons' General Manager, Helen Heidler, at 717-235-4811 x 4550 or Heidlerh@whitsons.com. We are here to serve the needs of you and your children and look forward to the 2023-24 school year.

Sincerely,
Helen Heidler
General Manager, School Nutrition

We currently have several culinary professional positions available in the school nutrition department. If you are interested in making a difference in the life of a child consider joining our team.

Full and part time positions available.

Call the food service office to apply today. 717-235-4811 x 4550

