

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 Southern York County School District that meets the National School Lunch and Breakfast Program requirements and engages students in developing a positive "Fooditude".



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 have gone back to our roots and we would like the entire Southern York County School District community to join us on this journey. Some new items that may appear on menus include: waffles, organic veggie burgers, whole grain pasta with organic tomato sauce, organic applesauce and pineapple spears, 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 :

	Breakfast	Lunch
Student Paid Meal Price	\$ 1.25	\$ 2.40(Elementary) \$ 2.60(Secondary)
Reduced Price Student Meal	\$ 0.30	\$ 0.40
Adult Meal	\$ 1.95	\$ 4.05

Low-fat milk is available with all meals. All 8 oz. cartons purchased outside of a meal are \$ 0.60.

LOCAL : Whitsons is committed to local partnerships in our community. We will collaborate with local produce vendors to provide some of our fresh fruits and vegetables. In addition, Whitsons will team up with local restaurants and chefs to bring some exciting programs and menu items to the schools.



WELCOME BACK!



APPLICATIONS / ONLINE PAYMENT SYSTEM:

The District offers free and reduced meal prices for those families who qualify, which is determined by completing a free and reduced meal application. The application for the 2020-2021 school year can be completed electronically by visiting the food service section of our website. A paper copy of the application is also available.

Southern York County welcomes all parents to MySchoolBucks! MySchoolBucks is a convenient way for parents to monitor their child(ren)'s accounts while eliminating the need for students to carry cash to purchase school meals and snacks. Balances automatically carry over from year to year. Additional information on how to submit electronic payment is available on the District's website www.sycsd.org under the "Parent Portal."

In order to expedite service in the cafeteria and to ensure the health and safety of all our students and staff, we ask that all cash or check payments be made in advance of the serving line. Payments may be mailed or dropped off in a deposit box located at marked locations in buildings. Please have your student's name and ID # on the envelope. Cash or check payments will not be collected in any cafeteria line during meal service.

INTERACTIVE MENUS:

To access the menus and nutritional information go to the Menu Tab. Please click on the links in each menu section to view this month's interactive menus. These menus provide the nutritional and allergen information you need to plan your school meals. By clicking on the links, you will download a PDF of the menu, from which you can double click on a day to get the detailed nutrition and allergen information for that days menu items. All menu items meet NSLP (National School Lunch Program), HHFKA (Healthy Hunger Free Kids Act) and state nutrition guidelines and are analyzed and approved by a Registered Dietitian.



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 is like going out to lunch without ever leaving the building. Our goal is to entice students to make nutritious and delicious meal choices.

OTHER INFORMATION :

To learn more about Whitsons, visit our website at <https://schools.whitsons.com/pa/southern-york-county-school-district>. We're excited about our partnership with Southern York County School District and hope to provide a great program while becoming part of the Southern York County community.

Your opinion matters to us. If you have any suggestions for the school nutrition program, please contact your Food Service Director, Helen Heidler at helen.heidler@sycsd.org. Details of our program, as well as school menus and other important information are available at www.sycsd.org. 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,

Helen Heidler
General Manager
Whitsons School Nutrition
717-235-4811 x4550

