

# 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 once again provide a comprehensive school dining program at the Schenectady City 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 Schenectady 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. We also will be providing bakery fresh bagels, freshly baked pizzas, and Boars Head deli meats for our sandwiches and salads.

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

## MEAL PRICES:

There is no charge for student breakfast, lunch, and snack meals.

	Breakfast	Lunch
Student Reduced	Free	Free
Student Full Pay	Free	Free
Adult	\$2.25	\$3.75

Low-fat milk is available with all meals. All 8 oz. cartons are \$.50 for students and \$.75 for adults.



## 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<sup>®</sup> 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.

## OTHER INFORMATION:

To learn more about Whitsons, visit our website at the following web link:

<https://schools.whitsons.com/ny/schenectady-city-schools?page=menu>

We're excited about our renewed partnership with The Schenectady City School District and hope to provide a great program while being part of the Schenectady community.

Your opinion matters to us. If you have any suggestions for the school nutrition program, please contact your Food Service Director Wendy Lemperle at [lemperiew@whitsons.com](mailto:lemperiew@whitsons.com) or phone her at 518-881-3808. Details of our program, as well as school menus and other important information are available at the web link mentioned above. We are here to serve you and your child(ren)'s needs, and look forward to be a part of your community for many years to come.

Sincerely,



Scott J. Stowell  
Resident District Manager

