



Community Consolidated Schools District 168

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July 1, 2010

Dear Parent/Guardian(s):

Community Consolidated School District 168 is pleased to announce that Preferred Meal Systems, Inc. will again be the District's food service provider for the 2010-2011 school year. Preferred Meal Systems strives to provide a wholesome, nutritious breakfast/lunch for your child. Each meal follows the nutritional guidelines set forth by the National School Breakfast/Lunch Program. The Federal Guidelines require that each meal contain 1/3 of the recommended daily allowance of calories, with less than 30% of calories from fat, and less than 10% of calories from saturated fat.

Each meal will consist of:

- ◆ 2 ounces of meat/meat alternative
- ◆ 2 servings of fruit and/or vegetable
- ◆ 1-2 servings of grains
- ◆ 8 fluid ounces of milk

Menus will:

- ◆ Introduce a new or features item each month
- ◆ Include fresh fruit and vegetables at least twice a week
- ◆ Include fresh bread daily, including additional whole grain bread choices
- ◆ Include more whole grain products
- ◆ Include only Trans-fat free items
- ◆ Offer only 100% fruit juices
- ◆ Include Grade-A frozen, non-canned vegetables
- ◆ Feature foods that are not fried. NOTE: All chicken nuggets, fries, and similar type items will be baked.

Eligibility and pre-payment rules and regulations have not changed. Payments for meals will not be accepted during lunch period. Money collection will take place on the 1st and 15th of each month **only**. Payments must be made at least one week in advance to allow enough time for money to be added to the meal ticket. Money orders and checks shall be written for the exact amount, and must accompany the order form. (Checks will not be accepted after April 1st.) Students name, homeroom and amount must be written on the envelope; envelopes which do not include proper information will be returned to the school office.

Payments should be calculated by multiplying the number of days student will be eating times the lunch and/or breakfast daily rate.

2010-2011 Daily Meal Rates

Full Lunch Price	\$2.50	Reduced Lunch	\$.040
Full Breakfast Price	\$1.30	Reduced Breakfast	\$0.30

We look forward to a healthy and successful new school year. Preferred Meal Systems is committed to serving the students at District 168 with wholesome, nutritious meals in a safe and sanitary environment.