

July 1, 2009

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 2009-2010 school year. Preferred Meal Systems strives to provide a wholesome, nutritious breakfast/lunch to 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 featured 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 served will be baked.

Rules and Regulations pertaining to eligibility and pre-payments have not changed. 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 the money to be added to the meal ticket. Money will not be accepted during lunch periods. Money orders and checks shall be written for the correct 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 with no name will be returned to the school office.

If you choose to purchase lunch and breakfast on certain days of the week, calculate your payment by multiplying the number of days you will be eating times the lunch and/or breakfast rate.

2009-2010 Meal Rates

Full Lunch Price	\$2.50	Reduced Lunch	\$0.40
Full Breakfast Price	\$1.25	Reduced Breakfast	\$0.30

To this end, we look forward to a healthy and successful new school year. Preferred Meal Systems is committed to serving the students at District 168 with the finest meal in a safe and sanitary environment.