

Welcome to the 2017-18 school year at Lewis & Clark Montessori!

We serve FRESH, HEALTHY, ORGANIC, LOCAL & DELICIOUS food every day. Each and every meal is prepared from scratch, WITH LOVE, by our hard-working and committed staff and volunteers from the families that make up this wonderful place. Our students and staff look forward to each day's offerings. You can hear the joy and enthusiasm from everyone who partakes in our amazing lunch program.

Food allergies, sensitivities and intolerances are epidemic in our youth today. We work hard to make meals that appeal to all here at LCMCS. Gluten Free, Dairy Free, Vegetarians and Vegans all will find something on the menu each day. We do not have a certified gluten free kitchen, so we cannot guarantee no cross-contamination. Please make sure to let the Kitchen Crew know of your child's dietary restrictions so that we can do our best to ensure their safety and health.

BOONLI.COM (formerly known as orderlunches.com – new name and updated systems!)

Boonli.com is the service used to order and pay for your child's lunch. It is very important that you sign up for an account – ***even if you do not plan to order lunch for your child.*** There may be days when your child forgets his/her home lunch or comes through the lunch line for another reason, and we will need to add the charge to your account. **NOTE: The only way we will charge your account is if your child specifically comes through the line for school lunch.**

You may order lunch **NOW**. Orders can be placed for the entire month. In order to make it more economically feasible, you may order by the week – **However, orders will close each Wednesday at 11:59 to order for the next week.** This means if you want to order for the week of Sept 5, you must order by 11:59 PM on Wednesday, August 30. If you want to order for the week of September 13, you must order by 11:59 PM on September 6, and so on. Monthly menus are posted on the third Wednesday of each month.

Make yourself a user on your child's account too! There may be opportunities for you to have lunch with your child during the school year, and this will make it easy for you to do so.

Please note that milk is **NOT** included with lunch automatically. It is necessary to purchase milk in addition to lunch in order for your child to receive it. You may also order milk a la carte with your child's home lunch.

If your child is in a Primary Classroom (Children's House or Kindergarten), please note the date your child is due to start and do not order lunches before then.

NSLP

We encourage each and every family to apply for the National School Lunch Program. Even if you do not think your child will participate in lunch, or if you believe your income is too high, **PLEASE** apply. LCMCS, as a non-profit, is able to apply for grants, and may qualify for other federal programs, based on the percentage of our families that are eligible for the NSLP (Free and/or Reduced Lunch prices.) It will only take a few minutes of your time to fill out the application, and all information is kept strictly confidential.

The State of Oregon is covering the fees for those families who qualify for Reduced lunch (which is usually \$.40). That said, though you may qualify for Free or Reduced lunch, there is no fee for either!

Please DO NOT fill out an electronic version of the application. It goes to the Gresham Barlow District and we cannot access it. If you already have, please fill out our paper application, too.

MORNING SNACK

Morning Snack will be offered in the Library each morning, from 830 AM to 10 AM.

TRAILS BEFORE AND AFTER SCHOOL SNACK

There will be light snacks, such as oatmeal or granola bars, available to students who attend morning Trails. After school snack will also be served. These snacks are included in the fee for Trails. You are more than welcome to send in snacks for your child to enjoy at either morning or after school Trails as well.

HEALTHY FOOD POLICY

In alignment with the policies outlined in the school's Student and Family Handbook, we ask that snacks and lunch sent from home do not include: **sugared, processed or foods which contain a high number of chemicals (especially high fructose corn syrup, artificial dyes and flavors).** Please include as many fresh and healthy foods as possible.

In keeping with Gresham Barlow's Nut Free school policy, any nuts and food containing nuts will not be served in any of our school food programs.

FOOD FOR CLASSROOM EVENTS

There may be times when a special occasion is celebrated in the classroom, such as a birthday. Some rooms may request food donated from parents for these events. All food sent must be consistent with the food policy: that is, free of added sugar, high fructose corn syrup, artificial dyes, flavors and nuts. **Please be aware that if food which contains these ingredients or**

additives is sent to school, it will not be served. If you have questions about what food to send, please ask your child's classroom teacher, as we all want to avoid problems or disappointment in any case. The food sent for classroom consumption **must** be prepared in a commercial kitchen or store-bought, ready to eat. Please let us know if you would like to bring something in that needs a little extra prep – like washing or cutting. We will include your child in the prep, if possible, and are happy to help – we do, however, require a **48 hour notice**.

For Primary Only: If you wish to provide food for your child's birthday in the classroom, we offer three options to purchase through the school kitchen. Go on to boonli.com, pick one of the three options, choose the date you wish, pay and that's it!

VOLUNTEERS

Volunteers are one of the main reasons we are able to provide such a wonderful program to our students, staff and community. Opportunities abound here in the kitchen – if you have interest in fulfilling your 40 hour Volunteer Hour requirement with us, please contact Leslie as soon as possible to get started! Tasks include dishwashing, fruit/veggie prep, salad bar supervision, and so much more! No experience necessary but welcomed!

Looking forward to another great year at LCMCS! Please let Leslie Shalduha (lshalduha@lcmcs.org or 503-929-9482) know if you have any questions. Thanks!

PS – Check out our Food Revolution Facebook page:

<https://www.facebook.com/pages/Lewis-Clark-Montessori-Food-Revolution/226997234012027>