



Dear Parent(s),

On behalf of Lafayette Central Catholic School, Chartwells would like to extend a warm welcome back to school and back to the café! This past week your child has enjoyed new menu items that are sure to inspire a healthy and fun 2017-18 school year! I wanted to explain lunch a little more just in case there are any questions.

To have a lunch qualify as a reimbursable meal, it must contain 3 of the 5 primary components:

- **Meat and meat alternative**
- **Grain**
- **Fruit**
- **Vegetable**
- **Milk**

You **MUST** have a fruit or vegetable as one of your components in your lunch. The other two components are completely up to you. For example...

Cheese Pizza – 1 Grain Serving  
Green Beans – 1 Vegetable Serving  
White Milk – 1 Dairy Serving

Hamburger – 1 Grain Serving, 1 Meat Serving  
Diced Pineapple – 1 Fruit Serving  
Strawberry Milk – (Optional)

Chicken Drumstick – 1 Meat Serving  
Sliced Peaches – 1 Fruit Serving  
Chocolate Milk – 1 Dairy Serving

As mentioned above, your child must have a fruit or vegetable as one of their components. If your child would like more fruits or vegetables, the Extra Extra bar is available for them to take as many additional servings as they would like. This is only for fruits or vegetables, as sides and entrées will still have an additional cost.

Standard Meal cost 3.25 (this includes up to 5 components)

Additional costs as followed:

Extra Entrée – 2.50  
Extra Milk- .50  
Extra Veggie- .75

High School only:

Chips- .75 (sold separately, not included in standard meal components)  
Aquafina- 1.75  
Life Water- 2.50  
Lipton Tea- 2.50

Tropicana Jc- 1.75  
Gatorade- 2.50  
Mt Kickstart- 2.50