

ECI Management Group Food Policy for SEAS Cafe

Dear Parents & Caregivers,

Welcome back to another school Year! We continue to make positive changes to the lunch menu, snack & drink options. We know how important it is that children are well fed and ready to learn! To ensure the satisfaction and enjoyment of all in the lunch room. Please take note of the following policies:

- * If your child tries something and they do not like it, they simply bring it up to the lunch line and we will gladly exchange it for something they do like.
- * Seconds are available at no extra charge on fruits, veggies, most sides, pasta, cheese pizza and pancakes. (while they last) For seconds on main items like chicken fried steak, hamburgers, fries etc... ala carte price will be charged. This applies to the lunch line only, not the grab and go cooler.
- * Picky eaters: Please note that daily we will have a limited number of hot dogs, grilled cheese or quesadillas and macaroni & cheese available.
- * We remain a NUT AWARENESS Café for our hot lunches & a MEAT FREE café every Friday. **** Pre- packaged foods may be made in a facility that processes nuts. Read the mfg. label. ****

*Every meal served on the lunch line has the option of a fresh item choice: organic applesauce, fresh fruit, organic mixed greens salad, or veggie dippers.

This year we will have more variety of organic and low sugar snacks, more fruit juice sweetened drinks and waters to choose from.

The soup bar will start in November or whenever the weather cools significantly. We will continue to offer a smoothie bar at least once a month.

Our hot lunch line will daily offer a baked potato bar, Kid Pick Item made the ECI healthy way or a Chef item made from scratch.

Our grab & go cooler will still feature: hoagies, croissant sandwiches, yogurt parfaits, fresh cut fruit cups, whole fruit, pre made salads, hummus & carrot cups, cheese sticks, dill pickles, we have nut free and gluten free granola. We encourage parents to eat from the café when joining children for lunch.

The health and well being of your children is important to us. We have taken great care to ensure that our food is quality you can feel good about. Kid tested & mom approved! To achieve this we have: Eliminated all MSG, High Fructose Corn Syrup & trans fats. No Nitrates, Nitrites & Gluten in our lunch meat. (our bacon does not currently meet this standard at this time) No texturized vegetable protein and soy additives in our meat. No microwaves or margarine. We use organic and whole grain options when we can.

Our dairy milk and cheese is free from any growth hormones and antibiotics. Increased servings of fruit and vegetables. Whole grain whenever possible. We can achieve these higher standards because we use real chefs who cook most of our food from scratch.

For any questions or concerns e mail: seascafe@ecimanagementgroup.com Ask about our picky eaters and adventurous eater clubs.