

LOWER MERION SCHOOL DISTRICT

Nutritional Services Department

301 E. Montgomery Avenue

Ardmore, Pa 19003

610-645-1990

Fax 610-649-0779

Dear Kindergarten Parents,

September 2011

The Nutritional Services Department provides a nutritious snack for the kindergarten children. Each snack includes a choice of an 8 oz. beverage consisting of milk, juice or water and an item from the foods listed below. Our goal is to provide foods that when taken with milk or juice will provide the carbohydrates and protein that are needed for energy to learn and enjoy their kindergarten day. Listed is a two week cycle menu that will be offered.

Week 1

Monday Mini Pancakes
Tuesday Cheerios w/Canned Fruit
Wednesday Baby Carrots w/Dip & Graham Cracker
Thursday 4 oz. Yogurt
Friday 1 oz. Soft Pretzel Rod

Week 2

Monday French Toast Sticks
Tuesday Sliced Apples w/Graham Crackers
Wednesday Bagelette w/Cream Cheese
Thursday Sliced Oranges w/Graham Crackers
Friday Goldfish Crackers

Under the Guidelines for the National School Lunch and Breakfast Program if a child is unable to pay the full price, they may be entitled to a free or reduced price milk and nutritious snack. To apply for free or reduced price meals please complete the application sent home by your schools beginning of the year packet and return it to the teacher.

You must complete and return the form below in order for your child to receive the snack each day. Checks should be made payable to "LM Nutritional Service" and returned to your kindergarten teacher. You must notify the Nutritional Services Department at 610-645-1990 if your child no longer wishes to enjoy this snack.

KINDERGARTEN SNACK PRICES

	REGULAR	REDUCED
MONTHLY	15.00	4.00
SEMI-ANUAL	75.00	18.00
ANNUAL	150.00	36.00

Sincerely,

Karen Castaneda, RD LDN
Director, Nutritional Services

Child's Name _____ School _____

_____ I DO want my child to enjoy the Kindergarten Snack each day.

_____ I DO NOT want my child to enjoy the Kindergarten Snack each day.

Parent Signature _____ Date _____