



Frequently Asked Questions about Lunch

Dear Families of Lakeway Christian Academy,

The mission of Nutrition Services is to provide delicious and nutritious meals to promote student success and healthy futures. Wholesome, balanced breakfasts and lunches are offered daily. This letter introduces you to the lunch program and provides important updates for the 2021-2022 school year.

How much does lunch cost?

All students are eligible to receive free meals daily during the 2021-2022 school year. This includes one breakfast and one lunch per student per day. Only a complete meal with required nutritional components can be received at no cost. À la carte items and extra portions are not included. Incomplete meals are charged full price as à la carte.

What comes with a lunch?

Multiple lunch options are offered daily and include at least one hot featured entrée, entrée salads, sandwiches, and wraps. All lunches include 5 components – meat/protein, grain, vegetable, fruit, and milk. The specific items included with the different lunch options are detailed in the chart below and include changing varieties of fresh vegetables, side salads, fruits, and featured hot sides. Students do not have to take all the items included with each lunch. However, to qualify as a complete lunch to receive the meal at no cost, students must select a minimum of 3 components, and at least 1 must be a fruit (or juice) or vegetable.

Daily Lunch	
Options	Items Included with Lunch
Featured Lunch	Featured Entrée comes with Vegetable Choices, Fruit Choice (1), Juice, and Milk.
Sandwich or Wrap Lunch	Assorted sandwiches and wraps are available daily and include: Peanut Butter & Jelly Sandwich, Turkey or Ham & Cheese Sandwich, and Chicken Wraps. Sandwich/Wrap Lunch comes with Vegetable Choices, Fruit Choice (1), Juice, and Milk.
Salad Lunch	Assorted entrée salads are available daily and include: Chef, Chicken Tenders, Spicy Chicken, Turkey Garden, and Turkey Cranberry Apple. Salad Lunch comes with Cheez-It Crackers, Fruit Choice (1), Juice, and Milk.

Bottled water is no longer included with meals and costs \$1.00. Water bottle filling stations are in the middle school and high school hallways.

Additional portions of items included with each meal can be purchased à la carte. Extra entrées can be purchased with a complete lunch for \$2.50.



How do students make a Free Complete Lunch?

Students must select at least 1 fruit (or juice) or vegetable choice, plus 2 to 3 other components to be considered a complete lunch and receive the meal at no charge. Lunch components include meat/protein, grain, vegetable, fruit, and milk.

- All featured hot entrées, sandwiches, and wraps can easily be made into a complete meal by adding a fruit, juice, or vegetable choice.
- Entrée salads can easily be made into a complete meal by adding Cheez-Its, milk, fruit, or juice.

Café Staff offers guidance to help students select items to make a complete meal, but ultimately it is up to the student to select the required items.

Are à la carte options available?

Several à la carte options are available, such as cookies, chips, ice cream, snack bars, and more. They all meet the Smart Snacks in School nutrition standards. Cafeteria accounts are charged for cashless cashiering of all items purchased.

How do I pay my cafeteria account?

The cafeteria account is prepaid through FACTS. Charges for à la carte items received from the cafeteria are deducted from the prepaid funds. To make a payment:

1. Go to the *Financial* tab of the FACTS Family Portal. Follow the steps to add funds to the *Prepay Cafeteria Account*.
2. Be sure to load adequate funds for the expected cost of à la carte purchases. Any excess funds on your account at the end of the month roll over to the next month.

Families are responsible for all charges on their account. Please review Cafeteria Charge Procedures in the Parent-Student Handbook.

Can I restrict charging on my cafeteria account?

A custom note can be made on your student's account to assist in limiting charging of à la carte items. This prompts the cashier to remind your child of the family's charging expectations. Commonly used notations include "complete meal only", "only 1 à la carte item daily", etc. Ultimately it is the responsibility of the student to abide by their family's expectations for all items purchased. Send custom note requests to SEzell@lcstn.org.

What if my student has food allergies?

Requests for lunch modifications due to food allergies or other health conditions require a physician's order and are reviewed by Sarah Ezell, registered dietitian nutritionist. Send lunch modification requests to SEzell@lcstn.org.

The Nutrition Services team looks forward to serving your student wholesome and delicious meals!

In His Service,

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