

# Welcome to the Bulldog Café 2023-24

Dear St. Bernadette Family,

As we begin our 2023-24 school year, welcome to all the new St. Bernadette Families to the Bulldog Café Lunch Program. It's been a pleasant spring and restful summer so we're ready to get cooking.

## Introduction

We are lucky to have a consistent staff in our cafeteria and kitchen. See August and September menu for details. Our kitchen is managed by third generation restaurateurs and enjoy the opportunity to work together in taking care of the school's food needs. Any questions, please call the school office (440-734-7717) and ask for us.

## Cafeteria Mission

The Bulldog Cafeteria not only offers well balanced lunches we strive to oversee that all St. Bernadette children are maintaining good eating habits in a mannerly and pleasant atmosphere.

## Healthy Foodservice Practices

The cafeteria has always maintained sanitary practices as part of our daily routine. An open display for the students to make their choices for fruits and vegetables is now available. Our kitchen is inspected twice a year and we are proud to be in good standing with the Cuyahoga Board of Health.

## Nutritious Lunches

As we have followed in the past, we meet or exceed the guidelines for the National School Lunch Program. Our cafeteria will continue to serve a large variety of vegetables and fruits, more often fresh or frozen versus canned, to meet or exceed the required portions. Our challenge is to make sure students try different foods and to **eliminate waste**. We do our best to encourage good eating habits, however, our most effective resource is the parents. Encourage your child/children to sample new items. They do not need to eat a whole portion (1/2c) of one item. A combination of fruit/vegetable needs to be 1/2c. We have Meatless Mondays. The milk offered is fat-free in white or chocolate. All grains served are 100% whole grain (WG). Items denoted **F/S** are made "From Scratch." Snacks, when offered, are baked or reduced fat chips, low sugar ice creams (\$.60each). Snacks will be offered to junior high students daily. Our fourth and fifth graders will be offered snacks once a week.

**If a student is chronically forgetting to order lunches in the morning or when arriving late, the kitchen may not have all posted lunch items available. However, something will always be offered as a substitute.**

## PRICES:

One Lunch ( <b>with milk included</b> )	\$3.00
Milk	.60
Snack	.60
A la Carte Small Item/Large Item	\$.75/\$1.50

Families are encouraged to fill out the free/reduced application and return it to the office (in care of Cafeteria). You may apply any time during the school year, but you must qualify before discount prices go into effect. Last year's recipients continue benefits for the **first 14 days** of the school year, then reapply. If you are in the Ohio Department of Education database and are automatically approved for free lunches, you will be notified via postal mail. All information is confidential.

Our Bulldog Café is a wonderful asset to our school. Your participation (whether once a week, daily or when lunches are forgotten) is vital and most appreciated.

Your input regarding the lunch program is welcomed and encouraged. If you have any questions or comments, please do not hesitate to contact us.

Have a great year !!!

Sincerely,

Gilda McWilliam (gmcwilliam@stbern.net)

Carla McWilliam

cc: Mrs. Goodwin, Principal

Mrs. Egan, Finance Manager