



August 23, 2016

Dear Parents:

Whitsons' School Nutrition is pleased to continue our partnership with the Grafton School District. We are excited to be able to provide a great tasting, nutritious school dining program at Grafton Public Schools that meets Healthy Hunger Free Kids Act guidelines and engages students in developing a positive "fooditude."

Whitsons' educational dining programs boast menus that are delicious and highly appealing to young people. Yet, at the same time, we provide the wholesome foods so important to nurturing the health of growing bodies at every stage of development. We know that students need to be at their best physically to meet the academic challenges they face each day. Our chefs use wholesome ingredients to freshly prepare our food, paying particular attention to the use of whole grains, fresh fruits and vegetables, lean meats and healthy snacks. We work hand in hand with the school community to develop menus that focus on quality and variety, while also maximizing nutritional value and ensuring adherence to national, state, and local health and wellness guidelines.

Elementary Schools

In accordance with USDA school lunch regulations our meal prices for the 2016-2017 school year are:

Breakfast Full Price \$1.40

Reduced Price \$0.25

Lunch Full Price \$2.60

Reduced Price \$0.40

At all the elementary schools, we offer two hot entrees and one cold entree lunch every day. Millbury Street Elementary and North Street Elementary offer daily breakfast choices. A la carte offerings will be limited to wholesome choices such as fresh fruits and vegetables, and carefully approved snacks. It is our mission to help your children learn to eat and enjoy healthy foods. Our entrees include whole wheat and whole grain bread/buns/ bagels/pizza crust. Whole grain

As part of Nutrition Safari, Grafton Elementary Schools will receive:

- **Annual Spokesanimal Visit**
- **Nutritional Menus**
- **Monthly Nutrition Theme Day**
- **Posters with Nutritional Messages**
- **Chef Trek Guest Chef Visit**

"I up my
game
with high
energy
foods."



Secondary Schools

In accordance with USDA school lunch regulations

Our meal prices for the 2016-2017 school year are:

Breakfast Full Price \$1.45 Reduced Price \$0.30

Lunch Full Price \$2.85 Reduced Price \$0.40

Premium Lunch Full Price \$3.60 (where noted on the menu)

Grafton Middle and High School offer daily breakfast.



Our Smart Choices™ nutrition education program will provide the following features:

- **Smart Choices Menu Items**
- **Chef Trek Guest Chef Visit**
- **Smart Choices Info Series**
- **Sensible Snack Program**
- **Nutrition Posters**
- **Smart Choices Monthly Theme Day**

The cafés are designed to offer something for everyone, from a salad entrée to a full hot meal. New menu items will be introduced throughout the year. Whitsons has also invested in professional signage and merchandising that will create a food court-style environment. It's like going out to lunch without ever leaving the building. Our goal is to entice your children to make nutritious and delicious meal choices.

Secondary School Food Stations

All items comply with HHFA and are designed to appeal to a teen palate

- **Miss Ruby's Grill** - featuring burgers and chicken sandwiches
- **La Cucina** - authentic fresh crust pizza and calzones
- **Chef Productions** - hot entrees made from scratch daily, including Italian and Asian Themed Entrees
- **Coyote Grill** - southwestern specialties including tacos, burritos, quesadillas and nachos
- **Great American Sandwich Co.** - made-to-order Boar's Head deli sandwiches and wraps (High School Only)
- **Fruit Express** - grab and go sandwiches and salads made fresh daily
- **Spice Program** - monthly themed specialty entrees
- **Smart Snacks** - fresh and prepackaged snacks following nutritional guidelines
- **Smart Choices** - healthy entree selections are highlighted throughout servery

About Whitsons

Whitsons is a boutique regional company founded in 1979 by Elmer and Gina Whitcomb, and handed down to their seven sons and two daughters. Today, the Whitcomb family remains actively involved in the company's management and has been joined by an "extended family" of team members who share their vision and commitment to bringing the best in dining services to your schools. In addition to school nutrition, Whitsons' scope of expertise and services extends to: corporate dining, on-site meal preparation for residential and healthcare clients, delivered meals, emergency dining, and vending services.

Your opinion matters to us – if you have any suggestions for the school nutrition program, just call your Food Service Director **Betsy LaBonte @ 508-839-5420 ext. 3061** or by email labonteb@grafton.k12.ma.us. Details of our program, as well as school menus and other important information are also available at graftonps.org. We are here to serve you and your child's needs, and look forward to being a part of your community for many years.