

# Frequently Asked Questions about Lunch

Dear Families of Lakeway Christian Schools,

The mission of Nutrition Services is to provide delicious and nutritious meals to promote student success and healthy futures. Wholesome, balanced lunch and breakfast meals are offered daily. This letter introduces you to the lunch program and provides important updates. Please email [cafe@lcstn.org](mailto:cafe@lcstn.org) with any questions.

## ***What comes with a lunch?***

Our bodies need a variety of healthy foods each day. All meals include 5 important components – meat/protein, whole grains, vegetables, fruits, and milk. Students do not have to take every item offered. For good health, they should select at least one fruit or vegetable choice to complete their meal. Choices include colorful fresh vegetables, salads, fruits, and featured hot sides. Students are welcome to make a second trip through the line for more fruits and vegetables. For a special treat, desserts are included with the meal from time to time.

## ***How much does lunch cost?***

The cost for a complete lunch is **\$4.00** for grades K-12 and **\$3.50** for PreK students. Multiple complete meal options are offered daily and include at least one hot featured entrée, entrée salads, and deli sandwiches (PB&J, turkey and cheese, and ham and cheese).

Daily Lunch Options	Price	Items Included
Featured Lunch	\$4.00	Featured entrée and sides, milk, fruit and vegetable choices.
Deli Sandwich Lunches: Turkey & Cheese, Ham & Cheese, or PB&J	\$4.00	Sandwich*, choice of chips, milk, fruit and vegetable choices. *PB&J comes with mozzarella string cheese.
Entrée Salad (seasonal variations)	\$4.00	Served with crackers, milk, and fruit choices.
PreK - Featured Lunch	\$3.50	Smaller portions of featured entrée and sides, milk, fruit and vegetable choices.
PreK – Deli Sandwich Lunches: Turkey & Cheese, Ham & Cheese, or PB&J	\$3.50	Sandwich*, milk, fruit and vegetable choices. *PB&J comes with mozzarella string cheese.

## ***Are free and reduced-price meals available?***

You have the opportunity to apply for free and reduced-priced meals. This is a confidential program. Learn about eligibility at [www.tn.gov/education/health-and-safety/school-nutrition/free-and-reduced-price-meals](http://www.tn.gov/education/health-and-safety/school-nutrition/free-and-reduced-price-meals). If you have questions or need an application, contact **Sarah Ezell at (423) 307-1189** or [sezell@lcstn.org](mailto:sezell@lcstn.org). Applications are also available in the school's front office.

## ***How do I order lunch?***

Lunches are preordered and prepaid through RenWeb. Each month you will receive an email reminder to fill out your lunch order form before the due date. Accurate lunch counts through preorders are very important to ensure the right amount of food is prepared.

- **To order:** Go to the *Student* tab of ParentsWeb. Click on *Lunch* and then *Create Web Order*. Fill out the order form for each student. Review the grand total and click *Order Items* at the bottom of the form.
- **To make a payment:** Go to the *Family Billing* section. Click on *PayNow* to submit your payment to cover the grand total and any unpaid balance using a credit card, debit card, or electronic check. Payment of your complete balance is required before a new month's lunch orders are created. Please review Lunch Charge Procedures in the handbook.

### ***What if my child was absent on a day I ordered lunch?***

Charges are entered for lunch items after they are received. No credit is needed for a missed lunch. Any excess funds on your account at the end of the month will be applied to the next month's balance.

### ***Are field trip lunches available?***

A sack lunch option will be available for preorder for students going on field trips.

### ***Are à la carte options available?***

Several à la carte options are available (such as whole grain-rich cookies, crackers, and snack bars; baked chips; 100% juice slushies; and more). They all meet the Smart Snacks in School nutrition standards. À la carte items are not preordered. They can be charged to the student's cafeteria account or purchased with cash. Families are responsible for all à la carte charges.

To help families manage student charges, notations can be made on your child's cafeteria account to restrict the charging of items, such as the following: "no charging", "limit 1 extra item daily", "slushie Friday only", etc. To request restrictions on your child's cafeteria account, please email [cafe@lcstn.org](mailto:cafe@lcstn.org).

### ***Can visitors eat lunch from the café?***

We welcome you to enjoy a lunch from the café with your child. Please preorder visitor lunches. If the ordering deadline has passed, email your visitor order to [cafe@lcstn.org](mailto:cafe@lcstn.org).

### ***What if I forget a lunch?***

If a student does not have a lunch, a Deli Sandwich Lunch (a turkey or ham and cheese sandwich or a PB&J sandwich) can be ordered from their classroom in the morning. Their lunch account will be charged, and families are responsible for the charges. If they do not want a sandwich, students will call home from the office to make other arrangements.

### ***What if my child has food allergies?***

Requests for lunch modifications due to food allergies or other health conditions require a physician's order and are considered on a case-by-case basis by Sarah Ezell, registered dietitian nutritionist. Send requests to [sezell@lcstn.org](mailto:sezell@lcstn.org).

### ***Are lunch volunteers needed?***

Lunch volunteers are needed, especially in the dining room. Volunteers can also help in the dish room with special training. Please email [cafe@lcstn.org](mailto:cafe@lcstn.org) if you are interested in volunteering.

The Nutrition Services team looks forward to serving your child a wholesome and delicious school lunch! Please email [cafe@lcstn.org](mailto:cafe@lcstn.org) with any questions.

In His service,

Sarah Ezell, RDN – Director of Nutrition Services

