

WACHUSETT REGIONAL HIGH SCHOOL
FOOD SERVICE DEPARTMENT
Holden, MA 01520

August 2019

Dear Parents and Students:

WRHS is committed to the District's Nutrition and Wellness Policy. All meals follow USDA guidelines and meet Massachusetts' standards. There are five lunch stations. The *Deli Station* offers a variety of cold sandwiches and wraps, and a variety of salads; there are two traditional *Hot Lunch Stations* offering the "meal of the day" along with hot sandwiches and burgers; and the *Pizza Station* featuring a different pizza every day; *Soup & Sandwich station* consisting of soup sandwich. Each station's main entrée is served as a complete meal, which includes side choices of fruit & vegetables and milk. Available at all serving lines are healthy choice chips, cookies, and drinks for an additional cost.

The *Breakfast Station* offers a complete breakfast that meets the USDA guidelines and includes a hot meal and other items such as bagels, cereal, yogurt, fruit, and other healthy items, and will be open before school at 7:00 a.m. for breakfast. The breakfast price is \$2.25, reduced price is 30¢, and of course no charge for free-lunch students.

Our cafeteria is designed "food-court style" to serve you quickly and efficiently. There is a cash register at each of the five serving lines. Students will use their student identification card for purchases through this system. The student's identification number will remain the same until he/she graduates. Student picture identification cards with barcodes will be issued in a few weeks.

The daily lunch price is \$3.50, reduced-price lunch is 40¢, and includes an entrée, fruit and/or vegetable, and milk. Milk can be purchased separately for 60¢. Check pre-payments for lunches are accepted and encouraged, simply place the student(s)' name(s) and identification number(s) on the check payable to **WRSD Cafeteria**, and of course you may still use cash. We also offer an online pre-payment system, for more information go to www.wrsd.net/foodserves. Any advance payments will be deposited into the student's account. At lunch students simply pick up their meal, punch in their ID number on the keypad, or scan their Student ID card and the money will be subtracted from their account. We do not allow students to buy lunches for their friends with their accounts. Students may make a deposit anytime during the day but we encourage this **before school**. The amount of the pre-payment deposit is entirely up to you; it can range from one day to a month, even a year. If you wish, students may also purchase snacks using this system. Any student approved for free or reduced-price lunch is automatically programmed into the system preventing identification. The Free/Reduced Lunch application is located on the district's website at www.wrsd.net/foodserves. We encourage all families in need of assistance to apply at any time during the year. For more information, please call Food Services at the Central Office 508-829-1670, x278.

Students are allowed two (2) IOUs or up to \$7.00 for meals unless there is an agreement made between the student and cafeteria manager for payment of the IOU. There are no IOUs for à la carte items. The cafeteria manager can be reached at the high school at 508-829-6771, x1602.

We will allow time for students to have a small nutritious snack during the first five minutes of period 3, at which time morning announcements will be read. Students must bring the snack with them to class and will not be allowed to leave after the start of the period. The policy, which states no food or drink (with the exception of clear water) outside of the cafeteria, will not change other than this five-minute period. Abuse of this policy may result in a loss of privileges. Due to safety issues some classes may be excluded from this policy (i.e., science labs, gymnasium). Nutritious snacks are recommended such as fruit, breakfast bars, etc. These items can also be purchased at the breakfast line in the cafeteria before school starts during the breakfast program.

Very truly yours,

Bill Beando
Principal

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