

August 29, 2011

Dear Middle School Parents/Guardians and Students,

Welcome back to a new school year from Chartwells, Pottsgrove School District's Dining Service. At the middle school, we offer a variety of food choices to our older students with more sophisticated palates. The following is an explanation of how the students can go to each station to make a \$2.65 lunch.

As you enter our food court, the first station is Sandwich Central, our deli-bar. You have the opportunity to have a custom-built sandwich. The deli sandwich comes with a choice of four slices of meat and/or cheese on your choice of white, wheat or rye bread, Kaiser Roll, or a small wrap. The sandwich is served with a small tossed salad, fruit and milk for \$2.65. You may choose 6 slices of meat and or cheese on a hoagie roll for \$3.05. We also have a daily special listed on the menu, as well as a daily salad, such as tuna or egg.

The next stop in our food court is Garden Emporium, our salad bar. At this station, we offer a "build your own salad" with your choice of fresh romaine and iceberg blend lettuce, a variety of vegetable toppings, as well as diced ham, turkey, cheese and diced eggs. Other selections found at this station include: yogurt, cheese, fresh fruit and canned fruit, dinner rolls, croutons, Chinese noodles, and a variety of salad dressings. All of this is just \$2.65, served with your choice of milk. In the cold months of the school year we also offer soup djour for \$1.50 a bowl.

Continuing on into our food court, we have Trattoria, where we serve fresh-made daily pizza by the slice. The student may choose a slice of pizza, a hot vegetable or side salad, fresh or canned fruit from the Origins station and milk for \$2.65.

The next stop is Origins. At this station, you will find the more traditional school lunch items such as macaroni and cheese, tacos, etc. vegetable, fruit and milk for \$2.65. On Tuesdays, we offer a "Baja Flats" grille station for \$3.05. For instance, this gives you an opportunity to choose your toppings to "build a better burger, hot dog, steak sandwich", etc.

Our last station is The Fresh Grille. The daily items found here are: grilled cheeseburgers, cheese steaks, hot dogs, and chicken patties, as well as a daily special. Again, this is another opportunity to build a \$2.65 lunch by choosing milk and a hot vegetable or side salad and fresh or canned fruit. Also served here are French fries, mozzarella sticks, chicken strips-of-fire, and chicken tenders, which are ala carte items.

As you can see, we offer a variety of choices on a daily basis. There are many opportunities to design your own lunch for \$2.65, which provides a well-balanced meal in accordance with all federal and state nutritional standards. We have offer-versus-serve, which consists of a minimum of five components: meat/meat alternate, vegetable, fruit, bread/grains, and milk. The milk choices will consist of 1% white, skim, chocolate flavored skim. Students must select at least three components to comply with state regulations. If you have any questions, please call me at 610-326-8243 option #5 for the cafeteria.

Sincerely,

Cynthia Hontz

Director of Dining Services