



September 2011

Dear Parents,

Welcome back, Nancy & I look forward to serving you again and thank you for your continued support. We have added a number of new lunch items for your child's enjoyment and are continuing to focus on offering more fat free, lower sodium and lower cholesterol items as well as offering more fruits, vegetables and salads on the menu.

We would like to explain the lunch ordering system. Once a month, towards the end of the month your child will bring home the next month's menu or visit the schools website. Simply mark off the lunch choices you want for your child. The cost of the standard lunch is \$3.25. A large portion (main item only) is \$4.00.

Should you want to order the lunch of the day, please mark A or B (please note that there are two lunch entrees daily), or should you want an alternate lunch please put an C below the day and write the alternate sandwich or hoagie or salad you want for your child. Please make your lunch checks payable to Duke Catering and return the menu selection and check or cash with your child the Thursday of the week prior to the week for which you are ordering. You may also pay using a credit card, please fill out and return the attached credit card information. Please fill out an order form for each of your children. You may also order by the month. We can no longer take daily lunch orders all lunches need to be pre-ordered.

Please note that Alternate Lunches will be available daily but must be ordered in advance and the alternate lunches offered include Ham & Cheese; Cheese; Turkey or Tuna which could be served as a sandwich or hoagie, Large Chef Salad or Baked Chicken Nuggets. All lunches are served with the same sides as the regular lunch of the day. We will support the school's recommendation to keep our menu peanut/nut free.

We spend a considerable amount of time in planning our menus, to ensure that with the help of our nutritionist, the scholars will enjoy tasty, healthy and satisfying lunches. We will present a variety of foods, tastes and textures and we hope that the children will look forward to and really enjoy the lunches we prepare.

Please inform us if your child has any food allergies or special dietary needs so that we may cater to their special needs.

Our menu is designed to be lower in fat, cholesterol and lower in salt and none of the food served will be deep-fried. We will also plan menus based on the seasons and with the input of our nutritionist offering the children menu items that are lighter in the warmer months and heavier in the colder months. We are implementing the "Wellness" program using lower fat and lower cholesterol items and more fruits and vegetables in the daily lunches.

We will be offering the following drinks that may be purchased with lunch or separately. The cost of a drink is \$.50 the following will be available daily 1% Chocolate Milk, 2% White Milk, Ice Tea, Lemonade and Bottled Water.

We also welcome any menu suggestions you may have for school lunches. We are members of the School Nutrition Associations and are implementing a number of their "cutting edge" nutritional ideas. We really appreciate the opportunity to serve you and your children. If you have any questions, you can reach us at 856-986-4512 or e-mail us at dukecatering@comcast.net, or visit our website www.dukecatering.com with any questions or suggestions.

Thank you,

Bernard & Nancy Doogue