

ABOUT the WSL KITCHEN, LUNCH PROGRAM & CAFÉ

Lunch Basics: We offer a hot lunch Monday–Thursday, with a soup-and-salad option on Friday (not to be confused with the 8th Grade Friday Pizza Lunch). Regular or junior portions are available. **You can buy a year-long subscription or individual tickets—see the attached order form.**

Volunteer in the Kitchen! The WSL kitchen is powered largely by parent (and grandparent!) volunteers. You earn 2 lunch tickets per hour plus lunch that day, and have a pretty darn good time! To inquire, email [Geneva Cooper](mailto:Geneva.Cooper@wsl.org), or come by the kitchen.

The Café is open every day during school hours, usually until 3:30, offering quality coffee, teas, snacks, smoothies, baked treats, soup, bread, and often surplus lunch items. The Café is a hub of parent socializing and crafting and supports WSL's lunch program.

Food Quality: We use as much organic food as the budget allows – canned tomatoes, carrots, flours, grains, rice, milk, sweeteners and oils are almost all organic. Produce from the school's student-run biodynamic gardens occasionally make their way to the kitchen! We sell homemade bread at least once a week. Meat is hormone/antibiotic free, if not organic. Fruit is included in lunch – or on occasion a baked goodie.

Nut-Free: The WSL kitchen is nut-free, meaning we do not use nuts in any of our food or stock nuts in the kitchen. However, WSL is **not a nut-free school**. Decisions about food allergens in snacks and lunches brought from home are made on a class-by-class basis, depending on the medical needs of the students in each class. In addition, the school cannot guarantee that ingredients used in the kitchen were processed in a nut-free facility.

Hidden Nutrition: We try to create meals that appeal to a range of ages and tastes. Many meals are even more wholesome than they sound, as we have ways of getting “stealth veggies” into dishes (which we do not emphasize in menu titles...) Our baked-from-scratch treats contain no high-fructose corn syrup or hydrogenated oils.

Your favorite foods from home: We like to feature them on our menu! — ethnic or just family favorites. If you have a favorite dish, let us give it a whirl with your consultation!

Take-Out: Our soups quarts, main dishes, and homemade breads are very popular. General lunch surplus is often available at reduced prices after 1:30 pm.

Special Diets: We do our best to accommodate dietary restrictions. Talk to us, and please write your need clearly on your lunch tickets, or email me if it's a subscription. (e.g., “no dairy”)

We look forward to seeing you! *Ms. Geneva and the Kitchen Staff*

2017-18 WSL Lunch FAQ & Subscription Form

**** School lunch starts on Monday, September 11th ****

Note: Last year's lunch tickets are useable *only* for the first two weeks of school (until 9/22/2017).

FAQ'S

- ❖ What are the lunch prices?
 - Single tickets: \$6 regular, \$5 junior
 - Sheets of 12 tickets are discounted 5%
 - Annual 4-day or 5-day subscriptions are discounted 10%, plus no need to submit tickets!
- ❖ What is a junior ticket? Junior lunches offer smaller portions for students in grade 2 and under.
- ❖ How do I purchase lunch tickets on a day-by-day basis? You can buy single tickets or sheets of 12 at Homespun (located on the ground floor around the corner from the kitchen).
- ❖ How do I submit tickets? Fill out the tickets and put them in the basket outside your child's classroom or by the Café chalkboard by **8:30 a.m. each day**. NOTE: Annual subscriptions are ticket-free!

SUBSCRIPTION OPTIONS

4-Day Subscription

Regular _____ at \$742 each

Junior _____ at \$616 each [Grade 2 and under only]

5-Day Subscription

Regular _____ at \$927 each

Junior _____ at \$770 each [Grade 2 and under only]

Total payment: \$ _____

IMPORTANT! Name & grade of each child receiving all-year lunch (please note any dietary restrictions)

PAYMENT OPTIONS (check one)

() Check enclosed for total charges () Bill me in full via FACTS

() Bill me via FACTS in 4 installments (15th of Sept, Nov, Jan, and March)

Bring this form to the Main Office or the Business Office.

Or mail to: Waldorf School of Lexington, 739 Massachusetts Ave., Lexington, MA 02420