



Greetings TD Parents,

August, 2016

Lunch in Hand will return with our Lunch Club this September starting first day of school, Thursday September 8th five days a week. Our goal is to provide Thornton Donovan students with a balance wholesome hot lunch that offers them daily variety and healthy choices. For information on our food visit our website <http://www.lunchinhand.com> To see a video on our program click the link on the homepage.

To Register and pay for the Lunch Club go to <http://tds.lunchinhand.net>

****Returning parents – you must re-register your child for lunch again this year.

Our Food Philosophy

- We believe in variety and continue to try different foods. We work hard to vary the menu and listen to both parents and children.
- Our **Lunch coach Eve** will encourage your child to try new foods even the food they say they “don’t like”. Eve learns your student’s name and their likes and dislikes. We offer substitutes to those children who are not ready.
- Your child will never go hungry. We offer seconds and sometimes thirds for growing children.

The basics of our Lunch Club:

- Complete Hot Lunch: entrée, potato/grain, vegetable, water and juice, & fresh fruit daily
- Our Lunch coach serves all students.
- Lunch Club runs Monday through Fridays when school is in session.
- **Student trial lunch** your child can try our Lunch Club for one month. Email us by October 7 if the club is not for him or her. We will refund you for the lunches not used.
- If your child does not like a lunch please let us know at least 24 hours ahead of time.
- Menus are created each month and will be emailed to you at the end of the previous month. Menus will always be available on the registration site <http://tds.lunchinhand.net>
- There are 3 ways to pay: online by credit card; by check; or payment plan. Register online.

About our Food

- All the chicken we serve is **Anti-biotic and Hormone free**.
 - We prepare all the food we serve in our commercial kitchen. Nothing contains fillers, or artificial ingredients; we do not serve fried food.
 - All the fruit we serve is fresh and cut by us. Apples are purchase at a local Farmer’s Market.
 - **Nut free!** Nothing contains nuts. Bread is purchased from a location that is nut-free.
 - We offer whole grains – bread is Whole wheat bread.
 - If your child has allergies or religious food restrictions please note that when you register.
 - If you have special diet requirements call us 914-380-5084 or email us lunchinhand@gmail.com
 - Each menu includes:
 - Meat: Chicken, Beef, Pork; Fish: fish filet, breaded fish and Shrimp
 - Vegetables: Broccoli, String Beans, Roast Carrots, Peas & Carrots, roast Cauliflower
 - Fruit: (3 or 4 x wk) Pineapple, Watermelon, Cantaloupe, Berries, Apples, oranges
 - Dessert: 1 x a week Cookie, cake, yogurt, pudding
- Contact us with any questions or concerns e-mail lunchinhand.@gmail.com or call 914-380-5084.

Pricing

- **Discounts** – we offer early-bird discounts you must **pre-pay by September 1** for 7% discount and again in January. Also sibling discounts (5 %). All the prices and discounts are taken when you register and pay online.
- We require commitment for half year **September – January** and again **January 30 – June**

We will do our best to accommodate you in every way we can.

Candida

Candida Canfield

Founder – Lunch in Hand & Dinner In Hand