



Greetings TD Parents,

August, 2017

Lunch in Hand will return with our Lunch Club this September starting first day of school, Thursday September 7. Our goal is to provide TD students with a balanced wholesome hot lunch that offers daily variety and healthy choices. Your comments and feedback have been taken to heart and we are coaching, training and set up new standards with our kitchen and service staff.

Our website is <http://www.lunchinhand.com>. To view 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.

### **New this year:**

Small side salad offered daily with house-made dressing; Grab 'N Go lunches for exam days to be ordered in advance; Suggestion box to give students an easy way to offer feedback; management supervision to verify we are on the right track.

### **Our Food**

- We believe in variety and continue to try different foods. We work hard to vary the menu and listen.
- Our 'Lunch Coach' will encourage your child to try new foods. She will learn your student's name and their likes and dislikes. We offer simple substitutes to those children who are not ready.
- Your child will never go hungry. We offer seconds and sometimes thirds for growing students.

### **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**

- We prepare all lunches in our commercial kitchen. Nothing contains fillers, artificial ingredients and we do not own a fryer.
- All the fruit we serve is fresh. 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](mailto:lunchinhand@gmail.com)
- Each menu includes:
  - Meat: Chicken, Beef, Pork, Fish, Tofu
  - Vegetables: Broccoli, String Beans, Roast Carrots, Peas & Carrots, raw vegetables
  - Fruit: (3 or 4 x wk) Fruit salad, Watermelon, Apples, orange wedges, sliced peaches
  - Dessert: 1 x a week Cookie, cake, yogurt, puddingContact us with any questions or concerns e-mail [lunchinhand@gmail.com](mailto:lunchinhand@gmail.com) or call 914-380-5084.

### **Pricing**

- **Discounts** – we offer a 7 % early-bird discount **pre-pay by August 31**. Also sibling discounts (5 %). All the discounts are taken on the website and happen as you proceed through to check out online.
- We require commitment for half year **September – January** and again **January 29 – June 2018**

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

*Candida*

Candida Canfield

Founder – Lunch in Hand & Dinner In Hand