

Hello KWS families! We are excited to see your children again and to begin a new year of organic, farm-to-table lunches. Please take a moment to read through the following information as we have a lot of exciting things happening in the Food For Thought program!

#### **What's new?**

We have some new faces in the kitchen this year! Please help me to welcome *Carolina Paul as our new chef*. Carolina is a wife and mother to two children, and lives in Schwenksville with her two dogs, two cats and a flock of chickens. She learned to cook from her mother and Nonna, who both came to this country from Italy. Carolina preserves her own garden harvest, making sausage and cured meats, cheese, pasta, bread, etc. (she make a pretty wonderful balsamic vinaigrette and pepper jelly that she is particularly proud of). Carolina is also employed by the Phoenixville Farmers' Market as a Market Manager.

Also help me to welcome *Victor Razo as our new dishwasher*. Victor is Alex von Gleich's father and grandfather to four children at KWS. We are excited to have him join our kitchen team this year.

New this year is that *all students in grades 1-12 will eat in the gym* instead of their classrooms. We are excited about this change as we know many students appreciate having access to multiple food choices including a full salad bar – and they can get as much food as they want.

#### **If you know all about the lunch program, and are ready to sign up...**

Simply go to the sign-up sheet, complete both sides, and *return it to the Business Office*. You are all set! Thank you for supporting the organic, hot lunch program.

#### **If you are new to the school, or need a refresher on how the lunch program works...**

*Welcome!* We look forward to getting to know you and your family. We believe every child learns better and behaves better when they are properly nourished. We believe it is important to expose children to a wide variety of vegetables and health promoting foods while they are growing so that they prefer this food throughout life. Now is the best time to influence their palate!

*The food is the best part!* Our goal is to make lunches as kid friendly and delicious as possible while using all organic ingredients. For example, tacos are made with 100% grass-fed beef from the cows across the street, and peppers and tomatoes harvested from our own school garden. All of the fixings are organic including the cheese produced by an Amish farm in Pa. *We offer gluten-free, vegetarian, and dairy-free options every day*. We serve as much food from the school garden as possible. The children tend the school garden, harvest the food, which is brought into the kitchen, prepared, and served back to them. The veggie scraps are composted back to the school garden. What a beautiful circle of nourishment! In addition to food grown in our school garden, we also *support local farms to source ingredients*. Currently we partner with Seven Stars Farm, Kimberton CSA, Camphill Dairy, Quarry Hill Farm, Meadow Hill Farm, and others. We are proud to be a *GMO-free* kitchen.

*Join the lunch program and your child will eat a wholesome organic hot lunch every day of the school year.* Plus you never need to think about packing a lunch! You will also get the best pricing if you opt in for the year.

#### **Not planning to join the lunch program? You are welcome to eat occasionally, here's how:**

If your child would like to eat lunches occasionally, simply print out a copy of the menu (it will be emailed to you each month) and circle the days on the menu your child would like to eat. Make a copy and hang one on your fridge, and hand the other menu to Cara in the kitchen at the beginning of the month. You may include a check with the number of days your child plans to eat that month multiplied by \$9 per meal. Please indicate on the menu what grade your child is in and if they need a special diet (vegetarian, gluten-free, or dairy free).

**If you forget your child's lunch, we can help!** Simply text Cara at 610-310-4590 before 11am of the morning you would like your child to eat. You do not need to send money. An invoice will be generated each month for the meals your child eats. **All walk-up meals are \$9 each.**

**There is a daily, organic snack bar after school:** Most items are \$1 or \$2. Children can choose after school snacks such as seaweed, meat sticks, fruit, freshly baked chocolate chip cookies, milk, homemade popsicles, and more.

**Dinners to Go available everyday:** Have a busy day? Don't have time to make dinner? Any item that is on our menu for lunch, is also available for Dinner to Go. We prepare your dinner fresh, save it in the walk-in refrigerator, and you pick up at the end of the day at the snack bar. Text Cara 610-310-4590 to place your order.

**Soups to Go every Wednesday:** This is the best kept secret about the kitchen! We make all organic, from scratch soup every week, and you can take it home to enjoy right away, or freeze in the jar you receive it in. Most of our soups are gluten free and dairy free naturally. We simmer our broth for 24 hours and use high quality organic and local ingredients. The soups are made fresh on Wednesdays, but you are welcome to pick up any day of the week. Soup subscriptions are open to anyone in the community. Last year, we prepared 50 quarts every week for our soup subscribers!

### Frequently Asked Questions

Q: Last year I worked in the kitchen in **exchange for my child's lunches**, is that still an option?

A: Yes, we welcome parents helping in the kitchen in exchange for their child(ren)'s lunches. For every hour worked in the kitchen, you receive one free lunch for your child. That means, if you work a 5-hour shift once a week, your child will eat all year for free. Plus, you get lunch for yourself on the day you work. There are only a couple of spots open for this year, so if you are interested, please contact Cara at [cbergman@kimberton.org](mailto:cbergman@kimberton.org). We also welcome volunteers! Last year, quite a few parents volunteered in the kitchen.

Q: My child has a **life-threatening food allergy**. Can we sign up for lunches?

A: Unfortunately, we cannot accommodate cooking for children with life-threatening food allergies. We are not able to cook individual meals nor guarantee that there is no cross-contamination of ingredients. Your child's safety is our #1 concern.

Q: My child eats a LOT, are the children allowed to have seconds?

A: YES! **Children are able to eat as much as they like** at lunch time. We always accommodate seconds, thirds, fourths, or as much as they want.

Q: My child is a **picky eater** and doesn't like 'X' on the menu, what can he eat those days instead?

A: We understand that children have various tastes and it is possible there will be something on the menu they decide they don't want to eat. All students except kindergartners will have access to the salad bar which contains a variety of foods (hard boiled eggs, hummus, yogurt, fruit, salad, etc.) from which an entire meal can be made. Kindergarten children will get side dishes with the main course, but you may need to pack food if they do not plan to eat the main course for the day. Even if you occasionally pack a lunch for your child, you are saving money by joining the program for the year.

Q: What if I join, and we decide we don't like it. Is it possible to get our **money back**?

A: You may drop out of the FFT opt in lunch program at any time for any reason. The opt-in special pricing is only available to those who remain in the program all year. Therefore, if you leave early, you will be charged \$9 per meal for every meal your child eats both before and after you drop out. Your child will be eligible to opt back in to the lunch program next school year, if desired, during the open enrollment period.

### **Please Note: Food For Thought Policy on Serving Students or Adults with Serious Reactions to Foods.**

Food For Thought cannot serve anyone who has a serious reaction to food. Serious reactions include being Celiac, needing an epi-pen after ingesting certain foods, or any life threatening allergy or reaction from food. It is up to the Kitchen Manager's discretion whether someone can be served or not.

We look forward to serving you.  
 Cara McQuade, KWS Kitchen Manager  
[cbergman@kimberton.org](mailto:cbergman@kimberton.org) c: 610-310-4590

**Complete this form to opt-in to the lunch program and/or to sign up for a soup subscription.**

Student's First and Last Name	Grade	\$ Amount or work-trade	Please specify regular, gluten-free, dairy-free or vegetarian diet	Total

Use this chart to calculate your payment(s). All monthly amounts are for 10 months from September 2018-June 2019.

Kindergarten – 4 <sup>th</sup> grade	5 <sup>th</sup> grade – 12 <sup>th</sup> grade	4-Day Kindergarten
\$1,000 in full or \$100 10-pay	\$1,200 in full or \$120 10-pay	\$800 in full or \$80 10-pay
~\$6 p/meal	~\$7 p/ meal	~\$6 p/meal

## Add a Soup Subscription!

This is the best kept secret about the kitchen! Get a quart soup in a glass mason jar for \$8.50 when you sign up for subscription pricing (without a subscription, soups are \$10 each). Sign up to receive one, two, or more soups every week for 100% organic, bone-broth soups. We simmer our broth for 4-24 hours and use high quality organic and local ingredients. You may pick up fresh on Wednesdays, or we can save your soups in the refrigerator or freezer until it is convenient for you to pick up.

Your Name: \_\_\_\_\_ Cell Phone Number: \_\_\_\_\_

<input type="checkbox"/> 1 soup p/week  \$300 for the year \$30 10-pay	<input type="checkbox"/> Number of soups p/week _____ x 35 weeks x \$8.50 per week = _____  <input type="checkbox"/> In full <input type="checkbox"/> 10-pay
<input type="checkbox"/> 2 soups p/week  \$595 for the year \$60 10-pay	Total lunch(es) plus soup: _____  <input type="checkbox"/> In full <input type="checkbox"/> 10-pay

**Please complete this form and return it to the Business Office**  
**Food for Thought Lunch Program**

NAME: \_\_\_\_\_

PLEASE CHOOSE YOUR PAYMENT DATE: 1<sup>st</sup> of Month      20<sup>th</sup> of Month      30<sup>th</sup> of Month

PLEASE CHOOSE YOUR PAYMENT METHOD:

<p><b>Credit Card / Debit Card</b></p> <p>There is a <u>3% convenience fee</u> added for credit/debit card payments.</p> <p><input type="checkbox"/> VISA   <input type="checkbox"/> MC   <input type="checkbox"/> American Express   <input type="checkbox"/> Discover</p> <p>Card Number: _____</p> <p>Name on Card: _____</p> <p>Expiration: _____      Security Code: _____</p> <p>Billing Address: _____      Billing Zip: _____</p> <p>I hereby authorize Kimberton Waldorf School to charge my credit card account designated above. This authorization will remain in effect until I complete the agreed upon payment or I initiate the required stop action in such time and in such manner as to allow the above a reasonable opportunity to act upon it. I understand that there will be a <i>3% convenience fee</i> added to the fee amount I am authorizing to charge for payment.</p>
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<p><b>ECheck - Electronic Debit</b></p> <p>Please provide a blank voided check.</p> <p>Name and Address of Financial Institution (Bank, etc.): _____</p> <p>_____</p> <p>Routing Number: _____</p> <p>Type of Account:    <input type="checkbox"/> Checking      <input type="checkbox"/> Savings</p> <p>Account Number: _____</p> <p>I hereby authorize Kimberton Waldorf School to debit funds from the account at the Financial Institution designated above and I further authorize the Financial Institution to debit the same to such account without responsibility for correctness of such amount. This authorization will remain in effect until I complete the agreed upon payment or I initiate the required stop action in such time and in such manner as to allow the above a reasonable opportunity to act upon it.</p> <p>I agree to notify Kimberton Waldorf School at (610) 933-3635 ext. 128 if I wish to change the designated Financial Institution or account from which the funds are to be debited from 30 days prior to the effective date of such change.</p>
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Signature \_\_\_\_\_ Date \_\_\_\_\_