



Dear St. Catherine Laboure Parents and Students,

Food Service Consultants would like to welcome you to the new school year at St. Catherine Laboure. We know there are always new families, and we would like to explain our program and to let you know we will be at the Open House to answer any questions and for parents to make a deposit into their child's account.

We at Food Service Consultants are very excited to continue with our existing menu concept for the 2022/2023 school year. The concept places a special emphasis on reducing the amount of "processed foods", as well as, how the food items will be prepared & served. Homemade entrees vegetables, whole grain pasta and serving more home style food items will be featured. and menu items, the use of fresh chicken, fresh lean ground beef & turkey, fresh fruits & Menus will be sent home monthly. On each menu you will see the Healthy Habits Special. The Healthy Habits Special will be the only lunch choice available for students in Kindergarten through Second Grade. The only option they have is purchasing different beverage at an additional cost. You can see prices of ala carte beverages on the menu. We have found from experience that choosing the Healthy Habit Special assures that your child is having a nutritious lunch each day.

Students in Grades 3-8 can choose the Healthy Habits Special or have the freedom of choosing what they like to eat from a variety of ala carte items.

As always, this year our Healthy Habits Special will be a complete nutritional meal with milk included. Prices will be as follows:

K-2 \$4.15

3-8 \$4.55

In addition, we will serve a limited number of ala carte items daily. Items available will depend on grade level.

Again, we are very excited to provide you with the best foodservice program possible and that meet the changing needs of the students and community overall. We realize that everyone today is concerned about the foods that they eat and the choices they make.

If you have any questions or concerns, please stop by or call the kitchen manager at the school or you may contact Al Sanders, District Supervisor at 314-569-3663 ext. 122.

FOOD SERVICE CONSULTANTS, INC

8534 Watson Road St. Louis, MO 63119

(314) 569-3663

[foodserviceconsultants.org](http://foodserviceconsultants.org)

[info@foodserv.org](mailto:info@foodserv.org)