

Dear Parents,

Now that we are a few weeks into the school year and things have settled down a bit, I would like to welcome all of you. My name is Darlene French and I am the Food Service Director for Boothbay Region Elementary School, Boothbay Region High School and Edgecomb Eddy School. As you are probably aware, there is some motion in the direction of “Healthier School Meals”. I feel that we already do a good job with all that we offer; however, there is always room for improvement.

Our “Type A” lunch is one of the meals we receive reimbursements from the government. It consists of 1 entrée, two sides (usually 1 fruit and 1 vegetable) and 1 milk. For those busy mornings at home we always offer “Type A” Breakfast too. This consists of 1 entrée, 1 milk and 1 juice or fruit. We also offer an A La Carte program for 5th Grade and up which offers other choices. These choices are – baked chips, fruit snacks, bottled water and some baked goods. Please note that these items have to meet nutrient guidelines set by national and state officials.

National- foods are to contain no more than 30% total and no more than 10 % saturated fat.

State- all A La Carte foods must meet the national regulations plus provide 5% of 1 of the following - Vitamin A, Vitamin C, B vitamins, Iron, Protein and Calcium.

The current month’s meal is available on the school’s website: boothbayregionelementaryschool.org. If you wish to prepay or monitor your child’s meal purchases please visit LunchPrepay.com.

Please feel free to call me anytime with questions and/or concerns. I am in my office from 6am – 2:00pm any day that school is in session. You are welcome to visit the kitchen or have lunch with your child anytime. I welcome your feedback. My number is 633-7131 and my email is dfrench@csd3.org.

Darlene French