



Burlingame School District
Child Nutrition Services
Eat, Learn, Live Balanced Choices

28 August 2008

Dear Parent/Guardian:

The new school year is upon us and we would like to extend a warm welcome to our new and returning students and families. ***Burlingame School District Child Nutrition Services*** has some exciting events planned for your child's school cafeteria throughout the year. Following the motto ***Eat, Learn, Live Balanced Choices***, our goals are 1) to purchase food that is high quality, produced locally, and natural/organic whenever possible, and 2) to ensure we serve healthy, well-balanced meals that our students enjoy.

All meals are prepared fresh daily. Our casseroles are prepared from scratch using real cheeses, without additional salt, trans-fat or hydrogenated oils. Our bread products are multi-grain or whole wheat. We bake many of our products and do not fry foods. The full meal price includes choice of entrée and side, nonfat chocolate or 1% white milk, and choices from the salad bar. We offer two salads, at least seven different fresh fruits and vegetables, low fat cottage cheese and yogurt on the finishing (salad) bar.

This past year has seen food costs increase significantly, as many of us have noticed when we shop for our families. The District will increase the price of a full meal to **\$3.75 for students** and **\$4.25 for adults** for the 2008-2009 school year. A La Carte items at all schools will range in price from \$.50 to \$4.00 for special meals.

Giving the old college try, we were unable to install our new fiber optic system prior to school, but have been assured the new system will be up and running by mid September. The new system will allow parents to prepay using Nutrikids and view their child's account online. Also, a feature that may prove to be the most beneficial to our families, parents will be able to log on and see exactly what their child had for lunch that day. When we get closer to the "live" date, the District will publicize the start date and provide instructions to set up your child's online account using Nutrikids.

You can still pay by check or cash, and be sure your child remembers to drop off payments in Food Service box in the school office. Your child can pay cash at the cashier, but cash payments are discouraged as they significantly decrease the speed of the lunch line. All money received will be deposited into your child's account, and change will not be given for those students using

cash. Please make **checks payable to Burlingame School District** and remember to include your child's full name and grade.

This summer, we spent our time searching for sustainable food sources. Many of our local partner vendors, such as *Palo Alto Egg* and *Marin Sun Farms*, are dedicated to offering natural and healthy products for our students.

Marin Sun Farms is our new meat vendor. Using local farms, they produce meat that is more healthful due to grass feeding with no added growth hormones or antibiotics. These meats are environmentally palatable.

Our menus will list both a caloric summary and calories from fat each month. Menus can be accessed online at www.bsd.k12.ca.us.

We're looking forward to a great year ahead and are very excited about the opportunity to make the dining experience at your child's school a memorable one.

Sincerely,

Deborah M. Austin
Child Nutrition Consultant,
Director of Food Services

Robert Clark, Ed.D.
Assistant Superintendent/ Business Services
Chief Business Official