

# Lunchroom Notes 2018

The staff of the Tucker Cafeteria is excited about the start of this new school year. We welcome our new students and look forward to meeting you next week. We are also eagerly anticipating the return of students who are already members of the Tucker family. As a reminder to returning parents and an introduction to new ones, here are a few bits of information we believe will be helpful:

All students at Tucker Elementary are able to enjoy breakfast and lunch at no cost to you. We are part of a group of 16 schools in Houston County that has been awarded CEP status. This is our fourth year in the program and we have seen a dramatic increase in the number of kids eating in the cafeteria. If you are not aware of the breakfast options we offer, a menu is printed below. Breakfast is served from 7:45 – 8:30 and “to-go” options are available for any students who arrive late. If your child eats breakfast before arriving at school, we encourage them to pick up a “grab-and-go” option they can use as a snack later in the day or donate to another Tucker Tiger.

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Chicken Biscuit	Chicken Biscuit	Chicken Biscuit	Chicken Biscuit	Chicken Biscuit
Sausage Biscuit	Sausage Biscuit	Sausage Biscuit	Sausage Biscuit	Sausage Biscuit
Waffle	Mini Pancakes	Dutch Waffles	Honey Bun	French Toast Sticks
Honey Bun	Donut	Honey Bun	Donut	Honey Bun
Pop Tarts	Pop Tarts	Pop Tarts	Pop Tarts	Pop Tarts
Cereal	Cereal	Cereal	Cereal	Cereal
Grits	Grits and Eggs	Grits	Grits and Eggs	Grits
Fruit and Juice	Fruit and Juice	Fruit and Juice	Fruit and Juice	Fruit and Juice

The lunch options are also varied. There are 4 traditional entrée options each day plus a “Lunch Buddy”. In addition, we offer 2 vegetable choices, salad, fresh vegetables, fruit, and milk. A copy of the August lunch menu is printed on the reverse. The Lunch Buddy was created as a supplement for those students who bring lunch from home and consists of yogurt or sunflower seeds, a cheese stick, and a grain item – such a Goldfish. These components satisfy the dietary guidelines for an entrée and can be paired with fruits and vegetables to create an entire meal. They have been very popular with the students at Tucker, but are only one entrée option. Any student can choose any entrée at any time, regardless of whether or not they bring lunch from home.

Supplemental items are offered for sale during lunch. We have a wide variety of items that range in price from .25 to \$1.00 (chips, cookies, Rice Krispies, carbonated fruit juice, and ice cream to name a few). Students may purchase these items with cash/coin or use their individual accounts. Parents are invited to join us for breakfast or lunch any time. Breakfast meals are \$2 and lunch is \$3.75.

Betty, Betty, Angie, Vakara, Amy, Lisa, Carissa, and I look forward to serving your children the best meals possible in the Tucker Cafe. If you have questions or concerns at any time, please contact Vicki Purvis at 478-988-6278 X5.