



St. Bernard's Catholic School 2015-2016 School Hot Lunch Program/Menus That Move

Hot Lunch will be available for all students from Kindergarten to 8th Grade starting on August 24, 2015. This year, we will be using a new online ordering program for all parents. All orders must be completed online. See below for details.

How does it work?

- Ordering online is easy and fast! Visit <http://stbernardscatholicschool.h1.hotlunchonline.net>
- Log in and set up your account in just a few clicks.
- You can add students' names to customize the order for multiple children
- Pick your meal for breakfast or lunch and place your order
- The online program will show you what has been ordered and will provide you with a complete history.
- Pay and order online
- The cost for breakfast is \$3.25 each
- The cost for lunch is \$4.25 each
- You may order several weeks or months in advance
- We are now paperless with online ordering
- Account charges and credits will also be provided online through PayPal. Pay by PayPal, Visa, Master Card, Discover or American Express.

What's New for 2015-16 School Year?

We are also moving to a more healthy approach to the foods that kids love to eat. Green is in! Mom always said to eat your vegetables and the goal is to get kids to eat healthy. Menus on the Move is a way to provide a variety of fresh foods and new ideas. Menus will change and new items will be added from time to time.

- Healthy and Fresh Foods
- Meal includes main course and two sides with drink
- 90% of meals prepared in house
- Menu and Ordering Form online
- Lunch that provides 600 to 650 Calories per meal
- Reduced Sodium
- A goal of Zero Trans Fat Saturated Fat that is less than 10% of total calories
- Fresh Fruit as part of every meal
- Side Salad as part of every meal
- Each meal offers a choice of Milk, Chocolate Milk, Orange Juice, Water or Apple Juice
- Healthy Snacks including yogurt, fresh fruit and baked chips



- The Side Salad serving is about ½ cup which may include Romaine lettuce, Carrots, Cucumber, Baby Tomatoes, celery and/or Potato Salad, Macaroni Salad and two bean salad, Light Dressing on green salads (subject to change with what's in season)
- Fresh Fruit is a ½ cup serving which may include apples, oranges, grapes, strawberries, peaches, pears, bananas, watermelon, cantaloupe (subject to change with what's in season)

What if my child forgets lunch?

No problem! Your child will be served the lunch of the day. You will receive a charge through our online account for payment due.

What about Snacks?

Milk, bottled water, orange juice and apple juice will be available every day for purchase. Chips and mixed baked chips will be available every day. Ice cream will be sold on Fridays only (not during Lent).

