

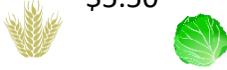


Academy of Greatness & Excellence

Where Prosperous Futures Begin

AGE Pre-Paid Lunch Program 2021/2022- Trimester II

Take Advantage of the Pre-Paid Lunch Program for Lunch at a discounted rate. Throughout the week, students have the opportunity to enjoy any of the following lunch choices, including juice. **The lunch menu will remain the same for the following period: January 17th, 2022 through March 31st, 2022.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Baked Ziti & Salad \$5.50 	Beef/Chicken Tacos & Carrot Sticks \$5.50 	Tuna Salad/Turkey/Grilled Cheese Select one \$5.50 	Chicken Platter & Salad \$5.50 	Pizza & Fruit \$5.50 

Lunch will also be available for students that are not enrolled in the Pre-Paid lunch program for the cost above. **Please note that lunch will not be served on Early Dismissal days.**

You may also purchase lunch every day throughout the month for a discounted price of \$95/child, or purchase lunch for an entire trimester for \$265/child.

Accordingly, all parents have the following four options to purchase lunch for your children this month and every month:

- Option #1: Purchase lunch on a daily basis (See price list above).
- Option #2: Purchase lunch every day, in advance, each month for \$95/child.
- Option #3: Purchase lunch every day, in advance, for the entire trimester for \$265/child.

If you would like to pre-pay for this months' lunch menu, please visit our school website and submit your order and payment online by January 16th, 2022.



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Lunch Program Philosophy:

We at Academy of Greatness and Excellence strive to nurture each student both mentally and physically helping each child prepare for the future. Through our lunch program, we provide healthy nutritious meals that are high in whole grains, low in fat and sodium and rich with a variety of fruits and vegetables each day.

Our menu aligns the USDA guidelines for healthy school lunch programs and was developed by a Registered Dietitian to ensure each child is receiving the recommended vitamins and nutrients they need to live healthy active lives.

We also abide by the Harvard School of Public Health Meatless Mondays campaign which they started with the goal of eliminating animal proteins from our diet on Mondays. By varying our sources of protein throughout the week, we can give our GI (gastrointestinal) tract a break from breaking down animal proteins. This not only helps our body's health, but also helps the environment by conserving our animal resources and reducing methane gas emissions.

When choosing what vegetables to include in our lunch menu, we tried to include a different vegetable every day. Many vegetables have different colors because of the different phytochemicals that they hold. Each color in this phytochemical spectrum is good for your health in a different way, so we tried to make sure each child will "eating the rainbow" over the course a day to get all of the nutrients they need.