



# Academy of Greatness & Excellence

*Where Prosperous Futures Begin*

## AGE Pre-Paid Lunch Program 2018/2019- Trimester I

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: September 17<sup>th</sup>, 2018 through December 21<sup>st</sup>, 2018.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Spaghetti with Marinara Sauce & Salad \$4.50 * Elbows served at Teaneck campus	Chicken Burger & Chips \$4.50	Meatloaf & Mash Potatoes \$4.50	Chicken Shish with rice & Vegetables \$4.50	Pizza \$4.50 * Served with Buffalo Wings at RFP campus

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 \$70/child, or purchase lunch for an entire trimester for \$200/child, or for an entire year for \$525/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 \$70/child.
- Option #3: Purchase lunch every day, in advance, for the entire trimester for \$200/child.
- Options #4: Purchase lunch, in advance, for the entire year for \$525/child.

If you would like to enroll your child in the [AGE Pre-Paid Lunch Program](#), please fill out and submit the form [online](#)



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## **AGE 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.**