New Lunch Options for 2019-20

For the upcoming school year, Primary and Elementary students have the option to bring a simple, nutritious lunch from home or to purchase a lunch from our lunch provider, Gourmet Gorilla.

Milk and water will be provided for all students.

You have TWO options for lunch:

Pack a lunch with your child:

For lunches provided from home, please follow school policy:

• Prepare simple, nutritious and balanced food items, packed in an insulated bag with cooler packs. We’ve prepared some suggestions on the back side of this flyer.
• Lunches brought from home must be brought in an insulated lunch bag with cooler packs, to keep items cold while stored in your child’s cubby. **Refrigerator space is not available for children’s lunches.**
• A microwave is available.
• **Do not include any nuts or nut products in your child’s lunch.**
• Students are discouraged from sharing lunch items, due to potential allergens for classmates.
• Milk and water are provided everyday with lunch. Please do not send other beverages from home.
• **Do not send:** foods containing sugar or artificial ingredients, junk foods, beverages, dessert items, or fast food meals, or have lunch delivered to school for your child.

Suggested make-up of a balanced lunch:

Purchase a lunch from Gourmet Gorilla:

• Go to https://orders.gourmetgorilla.com
• Click on the “Register” button to create a profile for the upcoming 2019-2020 school year. (School Code: MS010)
• Once registered, you will see a dashboard with all the relevant information for your account.
• On the home screen of your profile section you will see a “My Credit Cards” section. For a smoother checkout, the ordering site requires a credit card on file.
• On your Gourmet Gorilla profile home screen, you will see all organizations you have children enrolled in. You may add a child by clicking on “Add Child” and entering the school code (MS010).
• Clicking on “Place Order” next to the child’s name will take you to the ordering menu. The left side of the screen shows a calendar with all days available for ordering.
• Parents are expected to select options based on child’s dietary needs, restrictions or allergies.
• After placing an order, click on the next available date to place an order. Lunches can be pre-ordered for all available dates on the calendar shown during the ordering process.
• When you’ve completed your order, click on the “Check out” button on the top right of the screen. Select the credit card you wish to pay with and click “Checkout”. You’ll receive an email confirmation with the orders you placed!
• If you need to make changes, please call Gourmet Gorilla at 877.219.FOOD (3663). Cancellations require 48 hours notice. Parents are responsible for notifying Gourmet Gorilla us of any absences.

Orders are due by Midnight on Wednesday for the following week.

Please notify your child’s teacher AND the Health Office, IN WRITING, if your child has any allergies or dietary restrictions.
FRUITS  Fuel Up With Fruits at Meals or Snacks
Oranges, pears, berries, watermelon, peaches, raisins, and applesauce (without extra sugar) are just a few of the great choices.

VEGETABLES  Color Your Plate With Great-Tasting Veggies
Try to eat more dark-green, red, and orange vegetables, and beans and peas.

GRAINS  Make at Least Half Your Grains Whole Grains
Choose whole-grain foods, such as whole-wheat bread, oatmeal, whole-wheat tortillas, brown rice, and light popcorn, more often.

PROTEIN  Vary Your Protein Foods
Try fish, shellfish, beans, and peas more often. Some tasty ways include a bean burrito, hummus, veggie chili, fish taco, shrimp or tofu stir-fry, or grilled salmon.

DAIRY  Get Your Calcium-Rich Foods
Choose fat-free or low-fat milk, yogurt, and cheese at meals or snacks. Dairy foods contain calcium for strong bones and healthy teeth.

Know Your “Sometimes” Foods  Look out for foods with added sugars or solid fats. They fill you up so that you don’t have room for the foods that help you eat smart and play hard.