

**Dear  
Parent:**

**August 2019**

**The Carlisle Public School's Lunch Program is committed to the mission of serving all children a nutritious, well-prepared meal in a safe and friendly environment, and we welcome and encourage the participation of your child/children.**

**Lunch prices will be \$3.50 second lunch \$2.50. All meals include an entrée choice with options of a vegetable, fruit and milk. Each child must take three out of the five components and one of the three must be a fruit or vegetable.**

**Parents are encouraged to take advantage of our easy and secure online pre-payment service. To deposit money into your child's meal account, please visit [www.mymealtime.com](http://www.mymealtime.com). From this site, you will create your account and add money to your child's school meal account. If you choose not to take advantage of the online pre-payment service, you may continue to make advance payments by check, which should be made payable to *"The Town of Carlisle"* or you may pay with cash.**

**After eating lunch, children have the opportunity to purchase a Smart "A" La Carte Snack. Students are never allowed to purchase snacks on their account just waters, they must use cash for all snacks. All snacks are A-list approved by the John Stalker Institute and meet the Massachusetts schools competitive food and beverage standards. All nutritional information is available upon request. For a list of the A-list approved snacks please go to [www.johnstalkerinstitute.org](http://www.johnstalkerinstitute.org). Listed below are the items we are now serving.**

<b>Chortles whole grain cookies.....</b>	<b>50</b>
<b>Apples, oranges, banana.....</b>	<b>50</b>
<b>Fresh popped popcorn.....</b>	<b>50</b>
<b>Reduced fat Doritos.....</b>	<b>75</b>
<b>Lays oven baked chips.....</b>	<b>75</b>
<b>Sparkling juice.....</b>	<b>1.00</b>
<b>Welches fruit snacks.....</b>	<b>1.00</b>
<b>Rick Krispy treats (whole grain).....</b>	<b>1.00</b>

**Water: \$1.00      Small water .50**

**\*\*\*\*\*Waters may be purchased on their accounts.**

**Please note these snacks are subject to change. If you have any questions feel free to contact me.**

**Sue Robichaud  
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