

LINCOLN CAMPUS DINING SERVICES

2010-2011

Our goal at Rowland Hall is to encourage students to make healthy choices. We offer a good variety, excellent quality, Tran's fat-free and nutritional food. We use only healthful oils in our cooking. We only grill, bake or broil to avoid from frying. Students will be offered a choice of the daily hot entree, vegetarian selection, organic salad bar, whole grain pasta/potato bar, pizza, taco bar and homemade soup. We will also have a variety of freshly made hot or cold sandwiches daily, with natural meat and whole wheat bread. In an effort to please everyone, there will be many a la carte items to choose from, and from time to time more items will be added. At least seventy five percent of our foods will be baked from scratch.

A copy of the menu will be posted each month on the bulletin board in front of the Middle School and Upper School offices. Each student can also view the menu on our Rowland Hall Website.

LUNCH PAYMENT: the student may purchase lunch or a la carte items on a daily basis. We are currently trying to obtain a computer debit system, which will allow the students to use a key pad or card. When this goes into effect, parents will be billed through their student billing accounts.

CAFETERIA PRICE LIST:

<u>MEALS:</u>		<u>A LA CARTE ITEMS:</u>	
Main Entrée	\$4.25	Bagel/one cream cheese	\$1.25
(Fresh Veggie/Salad/Milk/ And dessert)		(additional 1 oz cream cheese)	\$.25
Main Entree only	\$3.00	Healthy Baked Cookies	\$.50
Two Tacos	\$2.50	Pancake/Waffle	\$1.00
Baked Potato Bar	\$2.00	Breakfast Burritos	\$1.50
With Chili		Bagged whole grain snacks	\$.75
Lg. Salad	\$2.50	Nachos/Cheese	\$1.50
Hot/Cold Sandwich	\$2.25	(Additional Meat)	\$1.75
Large Sliced Pizza	\$2.00	Hash Browns	\$1.00
Large Soup	\$1.75	Ice Cream Novelties	\$1.00/1.25
Small Soup 8oz	\$1.25	O Natural Milk 1%, 2%, Skim	\$.75/1.00
Bottled Water,		Baked Large Pretzel	\$1.00
100% Natural Juices	\$1.25	Baked Chips	\$.75
Low sugar Gatorade		Daily Scratch Dessert, Cake/Brownie	\$.50
		Pudding parfaits	\$.50
		Sweet Roll/ Sweet Bread Slice	\$1.00
		Breakfast Meat/Hash Browns	\$3.50
		Whole Grain Muffin	\$1.00
		Lg. Fresh Baked Donuts	\$.75
		Yogurt, Low Fat, Variety	\$1.00
		Fresh Fruit Platter	\$1.00
		Fresh Whole Fruit	\$.75

* Some of the costs listed above are subject to change when we find out our actual cost for this year.

In an effort to serve you best, we will keep our prices as low as possible and continually try to find food choices to please you. We will continue this year to promote a variety of healthy choices. We would appreciate any suggestions. If you have any questions, please contact Mary Hill, Cafeteria Director at (801) 324-2956