



Dear Parents,

During these difficult economic times, we know families are struggling to make ends meet. We want you to consider enrolling your family in the federal meal program paid for by your tax dollars. This is an easy way to ensure your child gets a healthful, well-balanced meal while you don't need to worry about purchasing and preparing a lunch to send. Children who eat a nutritious breakfast and lunch perform better in the classroom, are tardy or absent less often, have fewer behavioral issues and are more attentive throughout the day.

The program is designed to ensure that students/families:

- Feel no social stigma for applying to the program;
- Are treated & greeted the by the cafeteria staff as any other student;
- Are not singled out in any way to ensure their complete anonymity;
- Can be confident that all information is kept completely confidential.

Our goal is to have our students have access to our school meal program. In our elementary schools, we offer four entrée choices each day with our **Kid's Way Café** program. It includes hot entrees, vegetables, salads, sandwiches and fruit. In our middle schools, we offer a wide variety of choices through our **Energy Download Zone** program; while our signature **CrossRoads Café** gives high school students a variety through a number of exciting food stations. Meals at all schools include a choice of milk, juice and water. All of the meals are planned using the USDA guidelines and are analyzed for nutrient content.

Filling out the application is quick and easy. Be sure to follow the instructions carefully and if you have any questions, please do not hesitate to contact the Food Service office at 636-851-6054. Don't miss out on the chance to help your child/children do better in school and achieve their dreams!

Francis Howell School District and
Sodexo Food Service