



Winchester Thurston School

Welcome to Dining Services

Live Well

At Metz Culinary Management, we are passionate about creating a satisfying dining experience for every guest. To achieve this goal, we've created *Live Well*, a program that captures the essential elements of a truly great culinary experience.

Live Well combines the freshest available ingredients with our knowledgeable and friendly food service team to create a customizable, quality-based menu in an inviting atmosphere. By appealing to all of our guests' senses, we make each meal a memorable experience. Our menus reflect our guests' preferences for high-quality, nutritious foods in a variety of dishes.

All of our menu items:

- easily adapt to local sourcing in order to accommodate regional fare
- include from-scratch recipes for everything from soup to desserts
- offer a stunning variety of culinary options



Shane McCombs, Chef/Manager

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Dining Highlights

High-Quality Nutritious and Sustainable Food

As part of our wellness and sustainability initiatives, Metz Culinary Management recognizes the importance of utilizing high quality and sustainable food in our menus. WT's menus include:

- cage-free eggs
- hormone-free milk
- local seasonal produce
- trans-fat free ingredients and products
- meat and dairy from 30 local Pennsylvania farms
- hand tossed, made from scratch pizzas

Your Dining Services

We bring exciting programs to WT:

- Partnerships with PA Preferred, PASA, and Buy Fresh, Buy Local
- Our signature Live Well program, including vegetarian and vegan selections
- Nutrition Educators program
- Recycling programs from AgRecycle, including paper products and composting
- Whenever possible, disposable products including straws, plastic containers, etc., are not used to create a greener school
- Student allergy awareness program for management and staff

Meal Plans

Families are asked to select either the full meal plan or a debit account on their students' enrollment contract.

Families with a Middle or Upper School student may want to consider choosing both the full meal plan and a debit account.



Full Meal Plan

Students choose from our daily menu offerings consisting of a hot entrée, pizza or deli sandwich, choice of two sides, soup or salad, drink and dessert.

The menu changes every week and is available online: www.winchesterthurston.org/lunch.

This plan is offered at both campuses and is billed to your student's account.

Full Meal Plan Pricing: (2017-2018 School Year)

Pre-K to grade 5: \$995 per year

Grade 6 to grade 12: \$1,070 per year

Pre-K to Grade 1 Snack:

Students in Pre-K to first grade receive a nutritious morning snack each day. Students enrolled in the Extended Day Program receive an after school snack. This is offered at both campuses and there is no charge.

Debit Account

Our debit accounts allow students to have the flexibility to make food purchases at any time, any location, and any meal. Purchases can be made for breakfast, lunch, or snacks. Additional funds may be added at any time by visiting the Hillman Dining Hall or Business Office, or online at www.myschoolbucks.com. Any funds not used by the end of the school year automatically roll over to the next school year.

How the Debit Process Works

Families can fund their students' debit account with either \$100 or \$500 with their enrollment contract. These funds enable your child to make purchases for breakfast, lunch, or snacks. Each day, purchases are deducted from the total balance.

For more information about the meal plans and debit accounts, visit the Parent Portal on the WT website or contact Svetlana Shabalov at 412-578-7509 or shabalovs@winchesterthurston.org

Wellness Education

At Metz Culinary Management, we realize the importance of proper nutrition to the health and well-being of school-age children. We place special emphasis on nutritional education in every school we serve, to help students develop healthy eating habits that will last a lifetime.

Nutritious Friends

We introduce different fruits, vegetables, and healthy items each month to our menu items and offer special promotions. Our lovable bear educates Lower School students about the Nutritious Friends' fruit, vegetable, or healthy concept of the month through stories, fun facts, and giveaways.

Nutritious Friendly Snacks

Not only great tasting, but great for you. The Nutritious Friendly Snack Program encourages healthy snack choices. Our team of dieticians follow stringent guidelines as they carefully select healthy snacks for the program.

Wellness Education Programs

We are proud to offer a variety of wellness education programs that teach students the knowledge and skills needed for a lifetime of good health. All programs are designed to be fun, interactive, age appropriate, and educational.