

# WELCOME TO DINING SERVICES AT



## Winchester Thurston School

### 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 dining 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

### 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. Winchester Thurston School'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 Winchester Thurston School:*

- 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 for AgRecycle, including paper products and composting
- Whenever possible, disposable products including straws, plastic containers, etc., are not used in order 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 student's 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. This plan is offered at both campuses and is billed to your student's account.

*The menu changes every week and is available online in the **Parent Portal**. An overview of the Dining Services program at WT can be found online at [www.winchesterthurston.org/lunch](http://www.winchesterthurston.org/lunch).*

### FULL MEAL PLAN PRICING:

#### 2019-2020 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. Student 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](http://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 student's 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 Winchester Thurston website or contact **Svetlana Shabalov** at **412-578-7509** or [shabalovs@winchesterthurston.org](mailto:shabalovs@winchesterthurston.org).



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## 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 on our menu and offer special promotions.

### NUTRITIOUS FRIENDLY SNACKS

Not only great tasting, but also great for you. The Nutritious Friendly Snack program encourages healthy snack choices. Our team of dietitians follows stringent guidelines as they carefully select health 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.