



Food Services at Highlands Nordic - 2009 – 2010

Attention: Teachers and Parents of Elementary School Winter Elective Programs for 2010

In abiding with schools healthy eating programs, the Management and staff of the food services are trying to abide with the schools healthy eating programs by offering the following program.

With a prepaid lunch - \$5.00 is all they need to buy a healthy drink and snack.
To buy a lunch - \$10.00 will allow them to purchase a nutritious lunch, snack and drink
Bring own lunch - PEANUT FREE, please!!

Snacks: homemade oatmeal fruit cookies, Rice Krispie squares, brownies, banana bread, etc
Cost : \$2 to \$3 each

Lunch: soup \$3.00, sandwiches \$2 to \$4

Drinks: hot or cold, juices, sports drinks, water - from \$1 to \$3

Caffeine filled soft drinks (Coke Products) will NOT be sold to the students.
Chocolate bars and potato chips – ONE item, available after lunch or before bus departure.

As a parent and the head of food services at Highlands Nordic , I hope this meets with everyone's approval, and my staff and I look forward to serving you this winter.

Debbie Skippen

Food Services Manager

Highlands Nordic