

# Cafeteria Meal Plan



*"To educate children in a dynamic Christian environment dedicated to excellence in learning and life development."*

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2011/2012

## GCA Cafeteria - Q & A

We are pleased to be able to provide GCA families with an alternative to bagged lunches. **For 2010/2012 we are offering a choice of hot and cold selections each day.** Our cafeteria offers healthy, tasty, wholesome meals, carefully prepared by a professional staff. Our goal is to provide good nutrition for our active, growing children and to offer our busy parents a healthy affordable alternative to packing a lunch each day.

The cafeteria is operated on a "break-even" basis and meals are offered at the lowest possible cost. The meal plan is set up so that parents who make a longer term commitment will realize lower cost meals.

1. **What "meal plans" are available?** There are three basic plans from which to choose.
  - The **Full Year Plan** which provides lunch each day during the 2011/2012 school year is the most economical. If the student is absent from school or has told their teacher they are not having the meal that day then no meal is prepared for them and no meal will be charged to their account.
  - The **3 Meals per Week Plan** provides a total of 108 meals during the 2011/2012 school year. This plan has been calculated by totaling the number of weeks in the school year and averaging 3 meals per week. The student may choose to eat more meals one week and fewer meals on another week.
  - The **2 Meals per Week Plan** provides a total of 72 meals during the 2011/2012 school year. This plan has been calculated by totaling the number of weeks in the school year and averaging 2 meals per week. The student may choose to eat more meals one week and fewer meals on another week.
  - **The cost for each of the above 3 meal plans can be paid in full or included with the current monthly preauthorized system (commencing June 1, 2011).**
  - The **"a la carte"** option is the least economic plan where food is purchased in the cafeteria each day at full price. The cost of this option cannot be included in the current monthly preauthorized payments.
2. **Is my child able to purchase extra items from the cafeteria?** Yes. Each student has an a la carte account with a balance determined by the parent. Extra items purchased are simply deducted from the child's a la carte account. If there is no money in the account no purchase can be made. **It is the responsibility of the parent to communicate with their child what they are and are not allowed to purchase in the cafeteria.**
3. **Can my child have milk every day without being on the Meal Plan?** Absolutely! Simply indicate this on your cafeteria registration form and we will make sure that fresh, cold milk is served to your child every day.
4. **What about account security?** Meal Plan children have two accounts with assigned bar codes, one for meal plans and one for a la carte items. Students on meal plans in K - 5 indicate they are having lunch to their teacher at the start of the school day records the requests on our pre-printed cafeteria class sheets. Lunch is pre-set for all the students who requested a meal. After the lunch hour, the cafeteria staff scans our pre-printed cafeteria class sheets and each respective meal plan account is charged. Each time a child with an a la carte account in K-5 goes through the line to purchase an item, they are required to give their name to the cashier. The cashier looks up their card which has their picture on it and scans the barcode which contains their cafeteria a la carte number.

Each student in grades 6 thru 9 carries their card with them. Their card contains an a la carte bar code on the front and if they are on a meal plan they will have a bar code on the back. Their cards will not have account numbers on them only the bar code. Their cards will have their picture on it which identifies them as the account holder. **Weekly e-mail statements are sent home to parents with detailed information about what was purchased by their child that week. Please review these statements with your child frequently.**

5. **What if my child wants to eat a "bag" lunch?** Those parents who wish to send lunch with their children are welcome to do so. All students, whether eating cafeteria food or a lunch from home will eat in the cafeteria area.

6. **How will monies be handled?** All “meal plans” will be purchased through the school office and the individual student accounts will be registered on a computer in the cafeteria. Every time a student has a meal, the price of the meal will be deducted from their meal plan account. Any extra purchases will be deducted from the student’s a la carte account as long as the account has money in it. Our intent is to minimize the amount of cash that is carried by students. Payments for a la carte accounts can be paid at the front office. Note: **It will take 24 to 48 hours to be deposited into the account.**
7. **How long will each group be in the cafeteria?** Each sitting will have approximately 25 minutes for eating lunch with a short break between the groups. Students will then be dismissed for an outdoor recess break.
8. **What about supervision in the cafeteria?** For students K-5, there are 2 teachers and 2 cafeteria supervisors on duty each lunch period with parent volunteers as a supplement. Students in grades 6-9 have one Intermediate teacher supervising the group.
9. **What if my child needs a microwave oven for his/her “bag” lunch?** There are several microwave ovens in the cafeteria for student use. There is also hot water available for soups and drinks. **Parents should educate their children in the proper use of a microwave**
10. **What about portion sizing?** The size of each student’s portion will be based upon age grouping, recognizing that younger children require less food in their lunch. This is also reflected in the reduced cost for younger children.
11. **What about students being able to sit with friends?** Grades K-5 will have assigned seating. We encourage grade 6-9 students to sit with friends as long as the student behaves appropriately. Just as in the classroom, we will monitor students so that a sense of order is maintained in the cafeteria. If a student misbehaves, the student would be moved to a different seat.
12. **Who keeps the cafeteria clean between sittings?** We have a custodian who has the responsibility to maintain the cafeteria. Cafeteria tables are wiped and disinfected between settings to ensure a healthy environment. Students are required to clean up after themselves, moving trays, recycling and disposing garbage in the appropriate receptacles.
13. **Healthy eating?** GCA is committed to our students having a healthy lifestyle. Nutrition is a big part of this commitment. All of our breads, our pizza dough and whenever possible our pastas, are whole wheat and our muffins are free of Trans fats. We do not serve deep fried items, everything is baked. Healthy, nutritious desserts are also a priority.
14. **What about allergies?** We will maintain our peanut awareness policy for the cafeteria. As milk allergies are quite common, we will be offering juice to those students who have a milk allergy, at the request of the parent.
15. **What if monies/meals are left over at year end?** Monies left over in a student’s meal plan account can be refunded or transferred to the a la carte account at the end of the school year which will be carried forward to the new school year in their a la carte account. However since the program is designed to operate on a break even basis and each school year is considered separately Parents should plan to utilize all meals in that plan prior to the end of the school year.
16. **Why send payments in advance?** SODEXO needs time to adequately staff the cafeteria for the 2011/2012 school year. We also need time to set up each individual student account. An Advanced commitment from parents as to meal plans is greatly appreciated.
17. **What if my child has a field trip? Do they get a lunch?** Yes, students are made a bagged lunch for field trips. If a student on the full meal account does not want the bagged lunch for the fieldtrip they must let their teacher know at least 2 days prior to the departure then no meal will be prepared for them and no meal will be charged to their account.

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**Healthy + Convenient + Tasty + Affordable  
= GCA Cafeteria Meal Plan**