

COMING UP...

9/22 Picture Book Picnic
BRING COLD LUNCH

10/6 FRIDAY COOKIE SALES begin!

10/13- 4th grade field trip- BRING
COLD LUNCH

10/17- K-2nd Field Trip- BRING
COLD LUNCH

10/18- 10/20 NO SCHOOL
Teacher Professional Development

10/30- 10/31 NO SCHOOL
Parent Teacher Conferences

LUNCHROOM LETTER

SEPTEMBER 2023



What a fantastic first month back to school! Students and staff are settling into routines as Fall quickly approaches. Lunch has gone smoothly so far, and we've had lots of positive feedback about hot lunch & salad bar! Read more below about our **FRIDAY COOKIE SALES!**

ORDER UP!

October lunch orders are
DUE TUESDAY, 9/26.

ORDER

VOLUNTEER



FOLLOW US ON INSTAGRAM!

@fhics lunch

NEW THIS MONTH

FRIDAY COOKIE SALES

Each Friday beginning in October, students in will be able to purchase **chocolate chip cookies for \$2.00 each** at the end of their lunch period, on the way to recess. All proceeds benefit equipment updates for the kitchen. **Cookies must be pre-ordered for grades K-2.** Cash sales will be available for grades 3-8 only.



HOW TO BUILD A FILLING SALAD

Include plenty
of protein & fat!

- meat
- hard boiled eggs
- cheese
- beans
- seeds
- dressing



Variety of colors
and textures

Veggies are made
of varying
amounts of fiber,
water, starch, etc.
Including a mix
ensures your body
will get the blend
of nutrients it
needs.

QUESTIONS, CONCERNS, OR SUGGESTIONS?
EMAIL ERIN YSUNZA AT YSUNZAE@FHLCS.ORG

REMINDERS

MILK ORDERS ARE EXTRA

We've noticed quite a few students are not taking their milk each day, even with reminders. If you tend to order milk for your child(ren), we recommend checking in with them to see if they drink the milk before ordering for October. All orders are welcome; we just hate to see your money go to waste!



BE OUR GUEST!

Parents/ family members of students are welcome to join their child(ren) for lunch! We have tables reserved at each lunch period to allow seating for special guests. Want to order a hot lunch or salad bar, too? Just complete a lunch order form by the due date and select "Parent" instead of grade.



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