

## LUNCH PROGRAM

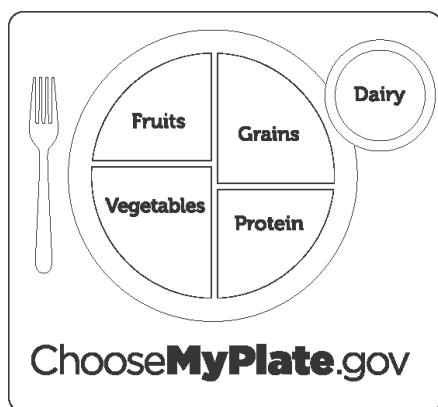
We are pleased to offer tasty, well-balanced, nutritious meals to our students, staff and visitors. All lunches must be purchased in advance in the school office or online through the school website, [www.yourwcs.com](http://www.yourwcs.com).

Lunches can be purchased in any dollar amount that suits your budget.

### Lunch Prices

<u>Grade</u>	<u>Single Lunch</u>
Preschool:	\$2.50
Kindergarten – 2 <sup>nd</sup> :	\$3.00
3 <sup>rd</sup> – 5 <sup>th</sup> :	\$3.50
6 <sup>th</sup> – 8 <sup>th</sup> :	\$4.00
Visitor:	\$4.00

**PRESCHOOL SPECIAL NOTE:** While parents are not required to purchase lunches from the school for their children, WCS is required by the policies set forth by the State of Oregon Child Care Division to ensure that children are served meals that meet USDA standards. These guidelines have been illustrated in the USDA's diagram of **MY PLATE**:



A summarized explanation of **MY PLATE** is found in these simple rules:

- Half my plate should be made up of fresh fruits and veggies
- Half my plate should be made up of grains and proteins
- At least half of the grains on my plate should be whole grains
- The proteins on my plate should be lean and not loaded with sodium
- Dairy products should represent the smallest portion on my plate
- More information, tips, and detailed guidelines can be found at [www.usda.gov](http://www.usda.gov).

When you pack a lunch for your child, please follow these guidelines as much as possible. We will do our best at school to ensure that your child is encouraged to develop long-lasting, healthy habits.