**2022-2023 Colonel Cafeteria News**

Welcome Colonels!

The information below should help you to make decisions and be informed on policies in the cafeteria.***The Colonel Food Bar will begin in mid-September. The Food Bar will offer a unique option*** ***daily available as a meal option along with the daily menu***. Stay tuned for menu options - coming soon!***Food Bar options*** will vary daily and be offered Monday thru Friday.  Friday will be meatless.

***The USDA National School Lunch Program will be priced at $3.15 this year.***Free and Reduced applications are available for pick up in the office or you can print at home by accessing the Diocese of Covington website [School Food Services - Diocese of Covington (covdio.org)](https://covdio.org/schools/school-food-services/).  This should be returned to Jackie Kaiser, Food Service Director, 1125 Madison Ave., Covington, KY  41017.   Applications will ***NOT*** be available online this year. If you feel you qualify, by applying your student may receive additional benefits with free ACT testing as well as additional scholarship dollars.

Menus will be posted on the CCH website under the parent’s tab monthly.  Menus will also be sent via Blue Notes (weekly parent newsletter).  Please note, although rare - menu changes will be announced at school or communicated via Blue Notes when possible.

High school students are served larger portions of fruits and vegetables.  Students may take two half cup servings of each - Ex. two apples, OR one apple and one-half cup of pineapple, OR one-half cup of corn and beans or one-half cup of potato wedges and a garden salad OR two garden salads.

If you have questions, please ask.  Staff will be glad to help you make healthy choices.

***Reimbursable meal includes 5 categories***

***1. Dairy - milk - fat free or 1% white or chocolate***

***2. Fruit - two 1/2 cup servings of fruit***

***3. Vegetables - two 1/2 cup servings of vegetables***

***4. Protein - main entree***

***5. Grain (bun, tortilla wrap, pasta or rice)***

***One cup of fruit or vegetable is required to make a meal.  Student must take minimum of 3 categories or choose all 5 categories.  Extra main entree is $2.20.***

***Buffalo or regular chicken wraps and deli sandwiches are sold ala carte or can be substituted for the main entree to make a meal.***

**Additional options are available this year as alternate meal selections:**

***Hummus Plate*** - includes hummus cup, Tostito chips, cheese stick, vegetable, fruit, and milk choice.

***Chef Salad*** - includes a large salad with turkey, cheese, goldfish & pretzels packs, fruit and milk choice.

***Buffalo or regular chicken wrap,*** fruit and vegetable and milk choices.

***Beverages***

Drinks available for ala carte purchase include milk, low calorie and zero calorie Gatorade and Powerade, water bottles and assorted flavored waters.  Prices vary by item and are posted in the cafeteria.  Remember if purchasing a meal, milk is included at no extra charge.

 ***Available ala carte:***

Chicken wraps, parfaits, assorted bagged snacks, and Rice Krispie Treats

***Deposits:***

Students are asked to drop checks (made payable to Diocese of Covington CCH) or cash (in envelope with name) in box labelled Cafeteria in the school office before school or during homeroom.  Making deposits during lunch slows service and makes others wait in line while information is processed.

We use K12paymentcenter.com for online deposits.  You will need your student’s Meals Plus id number.

Please email amcmahon@covcath.org for student id’s.  More information on K12paymentcenter.com is also on the website.

***Charge Policy:*** Students must have money in account or pay cash daily to purchase ala carte items.  Parents should receive daily email if your account is depleted.  Feel free to ask the cashier if you would like to know your balance.  Software does not allow for ala carte charges to be made.  This policy is available on the website.

Please feel free to contact me with any questions you may have:

Arkie McMahon

Cafeteria Manager

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