



Parents:

It is with tremendous excitement that I share with you the exciting news about our partnership with Bluegrass Seasoned, LLC. We take tremendous pride in educating our students in the classroom every day and now we feel like we can take a more holistic approach to your child's development, by helping them eat healthier and more nutritionally with this partnership

Attached is some information regarding Bluegrass Seasoned and some future menu options.

Each day, you will have the choice of: Option 1 or Option 2:

Option 1: Purchase lunch at a cost of \$3.30 per day, includes Lunch and Two Snacks

Option 2: Purchase lunch at a cost of \$2.90 per day, includes Lunch and One snack (Half Day Program Only)

Option 3: Bring in your own snack AND lunch

\*If you buy school lunch or bring your lunch MILK will be provided for EVERY student

\*\* Please note if you bring your own lunch, it will need to follow the Kentucky State Regulations listed below.

Lunch shall include:

- (a) Milk;
- (b) Protein;
- (c) Bread; **and** two (2) vegetables or two (2) fruits; or one (1) fruit and one (1) vegetable.

Snack shall include two (2) of the following:

- (a) Milk;
- (b) Protein;
- (c) Bread; or Fruit; or Vegetable; or 100 percent juice.

All lunches brought in from home will be checked by Bluegrass Seasoned to verify compliancy. If lunch is not in compliance, you will be notified and a full charge of \$3.30 will be charged to your account, through Bluegrass Seasoned.

Please note with this plan:

1. You are only charged for lunch on the days you choose to purchase, for example: if your child **does not attend** school that day, he/she will not be charged for a lunch.
2. If your child will be coming in late to school, and you would like to purchase a lunch for that day, all you will need to do is send a note to the teachers, through [Preschool2me](#), letting them know your child will be in late and if they will be purchasing a lunch. We do ask that all lunch orders are placed no later than 10:00am to insure your child is included in Bluegrass Seasoned lunch count.
3. Lunch fee's will be paid directly to Bluegrass Seasoned, you may pay by check, or submit payment online by credit card (details to follow on this option)

We will begin this lunch option starting with Summer Camp 2017. If anyone has any questions, please feel free to email, call or stop in the front office

The Vanguard Academy

## **Bluegrass Seasoned Food Program**

The future of The Vanguard Academy food program is bright! Our company, Bluegrass Seasoned LLC, is focused on creating and maintaining a food program, that not only will be nutritious to your children, but hopefully will improve their eating habits outside the school atmosphere.

Our goals:

1. Introduce new items to the students to create a bigger range of healthy foods. All menus will be created a month in advance giving everyone a chance to review and ask questions.
2. Bluegrass Seasoned will accommodate any student with allergies. You would work with Bluegrass directly to design "safe" meal plans
3. We also are working towards developing a purée program to help introduce new foods to the children just starting to transition to food, the goal is to put this in place by the Academic Year 2018-19

If anyone has questions about the program, you may contact Bluegrass Seasoned at [bluegrassvanguard@gmail.com](mailto:bluegrassvanguard@gmail.com).

### **Lunch Menu Examples**

Wheat Chicken Caesar Wrap, Mandarin Oranges, Carrot Sticks, Milk

Black Bean Burgers, Brussels Sprouts, Pears, Milk

Whole Wheat Spaghetti, Peas, Peaches, Milk

Turkey Bacon BLT Sub, Pears, Celery Sticks, Milk

Chicken Turkey Bacon Ranch Wrap, Oranges, Carrot Sticks, Milk

Chicken Noodle, Crackers, Apples, Carrots, Milk

Wheat Baked Ziti, Green Beans, Corn, Milk

Fish Wraps, Rice, Corn, Peas, Milk

Chicken Sandwich, Pears, Broccoli, Milk

Roast Beef Sandwiches, Bananas, Cauliflower, Milk

Turkey

### **Snack Menu Examples**

Parfait with Berries

Granola (nut free) Apple

Hummus, Pita Bread

Edamame, Apple Juice

Rice cake with a spread and Milk

Smoothie

Guacamole, Pita Bread

Zucchini Muffin, Milk

Apple Fries with Carmel

Yogurt Pretzels

Fruit Salad Cone