



October 2019 Panther Cafe News

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News you can use



by **Emily Britt** on September 15

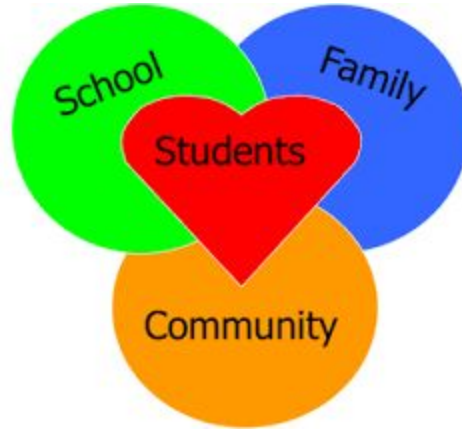
Breakfast and Lunch are such important parts of our students day. We all have mornings that take a little longer, leaving little time for breakfast, *no problem*, our breakfast begins at **7:15am** and lasts until **7:45am**. Please be sure to check out our **breakfast menu** each month. Hot breakfast usually consists of pancakes, an omelet, granola with yogurt and even Cinnamon Chex or Cheerios, paired with a variety of milk options (including Soy, parent note REQUIRED).

I know some nights we get home too late and if it's a choice between snuggles with storytime or making lunches, I would definitely prefer the snuggles. Our catering company, Revolution Foods, is always making improvements and providing creative options for most dietary needs (vegetarian options available) Meals will always include whole grain, fruit and vegetables. So make things a little easier on your family schedule and plan on breakfast and lunch at school, regularly will cost about \$4.00/day for both meals.

Visit **SchoolCafe.com** and set up an account for your student. If you have not set up your account and your student comes through for lunch their student account will be charged and you will receive a notification. You can go online or come to our front office to take care of meal accounts. You can also go to **SchoolCafe.com** to see if you are eligible for meal benefits (free/reduced cost). We want to make meals as simple as possible.

If accounts reach \$-10.00, your student will be given an alternative meal, which is still nutrition filled, but may not be preferable. Notifications will be sent prior to reaching \$-10.00.

Food in the Classroom
National Lunch Week, Passport Night,
Food is FUN! Food is Culture!



We have lots of exciting ways to enjoy food together, one is during lunch and another is during one of our many events.

Parents, we LOVE having you join us for lunch. During the week of October 14-18 we will be celebrating National Lunch Week and will be inviting all of our parents to join us for TAKE YOUR PARENT TO LUNCH DAY on October 16th. The lunch schedule is attached below.

We also love having our parents volunteer for Lunch Duty, helping kiddos open milk, packaged meals, put straws in juice boxes, help with trash, etc. It's such a great way to get to know other kids, parents and staff.

We will also have (MY FAVORITE EVENT OF THE YEAR) **Passport Night** on October 10th! Watch for more information on this from your students teacher! Please sign up to help, learn with your child and join us for a REALLY fun, informative, DELICIOUS evening!

Kindergarten Lunch 10:10-10:40

1st 10:25-10:55

PK A 10:55-11:20

2nd 10:57-11:27

3rd 11:12-11:42

PK B 11:15-11:42

4th 11:44-12:14

5th 11:59-12:29

Please remember, if you have questions or concerns, you can always reach me at ebritt@harmonytx.org

[READ MORE ON OUR WEBSITE](#)



Harmony Science Academy Plano
Panther Cafe