

## S.C.C.S. CAFETERIA

### BASIC NUTRITION INFORMATION

For your information:

- The Cafeteria only uses natural products, no canned goods, no additives, no strong condiments.
- All of our foods are produced on premises including items in the Snack Bar.
- All foods: meats, vegetables, fruits are disinfected with specific products designed for foods.
- All our plate and silverware, utensils and equipment are sanitized with specific approved products.
- All foods are purchased from approved suppliers who provide us with their sanitation certification and whom we visit regularly to verify quality.
- All our personnel is checked clinically periodically.
- All our personnel is trained continuously.
- Our facility is maintained clean throughout the day with specific approved products.
- Our full tray is nutritionally balanced according to international norms.
- The K-2 tray contains 600 kilocalories according to age.
- The 3-5 tray contains 700 kilocalories according to age.
- The 6-8 tray contains 800 kilocalories according to age.
- The 9+ tray contains 900 kilocalories according to age.
- All trays contain a nutrition distribution revised annually: 20% proteins, 35% fats, 45% carbohydrates.
- We provide additional calories to cover the needs of those students who come without eating breakfast, for whom we also provide the Breakfast Program.
- We follow a "prudent" pattern where the minimum amount of sugar, salt, and fat are used as recommended and in a proportion of 2:1 vegetable to animal fat relation, and our production processes comply with this and with other rules under the latest parameters.
- The menus for each season of the year contain foods which are seasonally fresh and cover the cultural diversity of the group in the School.
- The Cafeteria is part of the nutrition education system and therefore the service process is a part of student education and creates independence and selection capabilities for foods which are adequate, such as, Friday's "Fun Foods".
- Our foods are not recycled.
- Production is controlled statistically including wastes. All processes are controlled for quality, temperature and service.
- Cooperate with the Cafeteria by learning about its norms and following them.

THANK YOU...

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### PAYMENTS 2007-08

Dear Parents:

We would like to remind you that Cafeteria payments are as follows:

- > Minimum payment period: weekly in advance.

Cost per tray: K - 5 = Bs. 15.00  
6 + = Bs. 14.00 (Salad Bar)  
= Bs. 14.00 (Light Line)  
= Bs. 16.00 (Hot Line)

- > You can make monthly, semester or annual payments based upon class days for each month as indicated in the official School calendar.

August	= 18 days	January	= 13 days
September	= 17 days	February	= 19 days
October	= 22 days	March	= 16 days
November	= 19 days	April	= 18 days
December	= 10 days	May	= 20 days
		June	= 3 days

- > Payments are received in the Cashier's window in the Cafeteria.

- > For each payment you will be given the computerized receipt emitted by the computer; all payments are computerized.

Important: Only students who regularly bring their lunch from home will be allowed to purchase lunches on a daily basis.

Students who can't come to school due to illness, may utilize those days for a later payment period, bringing a note from their parents.

Payments will be received at the Cafeteria Cashier from 8:30 a.m. to 4:00 p.m. Monday thru Friday.

Students will continue to select from the Menu according to their preferences as part of the nutrition education program.

The Cafeteria is non profit. It's only purpose it to provide the best nutritionally balanced service possible to students.

The norm in the Cafeteria is to never leave a student without lunch, please help us comply by paying on time in advance.

Non payments require that the Cafeteria sent out two notices to parents. A third notice requires the list be sent to the Director's Office.

THANK YOU