

Hot Lunch Program at Seven Sorrows 5 Days a Week (Grades K5–8th)

Lunch Details

- **Cost:** \$4.50 per meal Includes: a main dish, sides, and chocolate or white whole milk.
- **Reduced Lunch:** To apply, contact Ms. Still in the school office.

Menu Options

- A Monthly Calendar will list the main dish option for each day.
- A **peanut butter & jelly sandwich** is always available instead of the main dish.
- Sides and milk are included, regardless of the main dish selection.

Extras

- Students can request an **extra serving of the main dish** for **\$2.00**.
- **Important:**
 - Extras of main must be requested **in the morning** when lunch is ordered.
 - Only the main dish is available for seconds (no extra sides).
- Extra milk: **75¢** (Students who pack lunch may also purchase milk.)
- Water is always available for free to all students.

Payment Information

- All lunch, extra portion, and milk charges will be **billed to your STS account** the following month.
 - Example: Lunches from October will be billed in early November.
- **Do not send cash** to school for lunch or milk purchases.
- Accounts must be paid in full to continue lunch purchases.

Frozen Treats (Grades 4–8)

- Available **after lunch**, if time allows and approved by supervising teachers.
- **Cash only**, priced between **50¢ and \$1.50**.
- **Only frozen treats** will be sold—no other snacks (chips, cookies, etc.).

Parent Tips

- Talk to your child about what they're eating. Are they finishing their meals or throwing food away?
- Discuss with them whether they are allowed to buy extras and how often.
- Avoid sending packaging that's hard to open—no scissors or superhero strength should be needed!

Volunteers Needed

We would love help serving lunches! If you're available between **10:30 a.m. – 12:30 p.m.**, even occasionally, please contact Ms. Still. Clearances are required, but no experience is necessary!

Thank you for helping us keep lunchtime running smoothly!

—Mrs. Carolyn Astfalk & Mrs. Katerina Hronis