

Lake Central School Corporation Food Service

Grimmer Middle School
225 W. 77th Avenue, Schererville, In 46375
Phone 219.865.4416 Fax 219.865.3150

Gladys Rediger
Director of Food Services

Dr. Lawrence Veracco
Superintendent

Dear Parents:

We will be posting breakfast, lunch, and a la carte nutritionals on the School Food Service website. **Please note we may have to make a last minute substitution. All items and nutritionals are subject to change at any time.** In that case, we will notify the school Nurse as soon as we know which product we will be substituting, and will send the school nurse the revised nutritionals. We will not post these changes online as it may be a last minute substitution. Because changes may occur at any time view/print only the current cycle. Those students who attend St. John and St. Michaels will need to go by nutrition information based on the grade level.

Our breakfast menu runs on a weekly basis.

Our lunch menu is on a 4 week cycle; we are now in our Winter cycle. These Cycle dates are as follows:

Week 1 Nov 1-3, Nov 27-30, Dec 1, Jan 8-12, Feb 5-9

Week 2 Nov 6-10, Dec 4-8, Jan 15-19, Feb 12-16

Week 3 Nov 13-17, Dec 11-15, Jan 22-26, Feb 19-23

Week 4 Nov 20-22, Dec18-21, Jan 29-31, Feb 26-28

We will begin our Spring Cycle on March 1, 2018 and new nutritionals will be posted at that time.

Lake Central's Food Service Department works every day to provide healthy, well balanced meals to our students. All of our schools offer breakfast and lunch with a variety of entrees and side dishes to meet different student preferences.

We will work to accommodate your student's special dietary needs due to handicaps, disabilities and/or food allergies, including, but not limited to wheat, eggs, soy, fish, shellfish, milk, peanuts and other tree nuts. The schools can make substitutions in menu choices based on physician recommendations. We will examine non-medically certified dietary needs on a case by case basis, making substitutions whenever possible. Parents need to contact their school nurse in regards to calorie intake, carbohydrates and sodium consumption by the student.

In order for a manager to make any menu changes, we must have a completed ***Diet Order Form*** (available on the food service tab that is located on Lake Centrals website LCSC.us) on file in the district office. Parents should complete the form with a signature by the student's physician or attach the physician's prescription form and return to the district Food Service office at:

Lake Central Food Service
225 W. 77th Avenue
Schererville, Indiana 46375

Once the form is received, the Director will schedule a meeting with the parent to discuss the Diet Order Form and the substitutions/modifications necessary to accommodate the student. One form per student should be completed **each school year** to assure our records are kept up to date.

If you have any questions concerning your child's special needs, please call me at 865-4416 or e-mail grediger@lcscmail.com to set up an appointment to discuss an appropriate action plan.

Thank you

Gladys Rediger, Director of Food Services

This institution is an equal opportunity provider