



**St. Bernard's Catholic School**  
**2015-2016 School Hot Lunch Program/Menus That Move**  
**Hot Lunch is Available for All Students from K to 8<sup>th</sup> Grade**  
**New Online Ordering Program for all Parents**

**How it Works:**

Ordering online is easy and fast please visit <http://stbernardscatholicschool.h1.hotlunchonline.net>

Please log in and set up your account in just a few clicks.

You can add students' names

Pick your meal for Breakfast or Lunch and place your order

The online program will show you what has been ordered and provide you with a complete history.

Pay and order online.

The cost for breakfast is \$3.25 each

The cost for lunch is \$4.25 each

We are now paperless with online ordering.

All orders must be completed online.

You may order several weeks or months in advance.

Account charges and credits will also be provided online through PayPal.

Pay by PayPal, Visa, Master Card, Discover or American Express.

And we are moving to a more healthy approach to the foods kids love to eat. Green is in, Mom always said to eat your vegetables and the goal is to get kids to eat healthy. Menus on the Move is a way to provide a variety of fresh foods and new ideas. Menus will change as new items will be added from time to time.

**What's New for 2015-16 School Year!**

Healthy and Fresh Foods

Meal includes main course and two sides with drink

90% of meals prepared in house

Menu and Ordering Form online

Lunch that provides 600 to 650 Calories per meal

Reduced Sodium

A goal of Zero Trans Fat

Saturated Fat that is less than 10% of total calories

Fresh Fruit as part of every meal

Side Salad as part of every meal

Each meal offers a choice of Milk, Chocolate Milk, Orange Juice, Water or Apple Juice

Healthy Snacks including yogurt, fresh fruit and baked chips

The Side Salad serving is about ½ cup which may include Romaine lettuce, Carrots, Cucumber,

Baby Tomatoes, celery and/or Potato Salad, Macaroni Salad and two bean salad, Light

Dressing on green salads (subject to change with what's in season)

Fresh Fruit is a ½ cup serving which may include apples, oranges, grapes, strawberries, peaches, pears, bananas, watermelon, cantaloupe (subject to change with what's in season)



**What happens if my child forgets lunch?**

No problem your child will be served the lunch of the day. You will receive a charge through our online account for payment due.

**What about Snacks?**

Milk, Bottle Water, Orange Juice and Apple Juice will be available every day for purchase

Chips and Mixed Baked Chips will be available everyday

Ice Cream on Fridays Only