



Collegiate Kitchen

powered by Bobby's Food Co.

As an independent school we take excellence seriously. That is why we've reimagined lunch with health and sustainability in mind.

Currently American children have sub-optimal dietary intake. We're taking action with Collegiate Kitchen. Want more information? Scan the QR code below (page 83) to learn more.

What's in a meal?

Collegiate Kitchen will serve nutritious meals that align with the **USDA Dietary Guidelines for Americans 2020-2025**. The daily meal will include a protein, grains, fruits, and vegetables. Special considerations will be made for whole food, plant-based options, varied protein sources, fresh food sources, unlimited fruit and vegetables, partnership with local growers and exceptional food presentation. Collegiate Kitchen will expose students to delicious food from various regions around the world.



And the benefits go beyond the meal itself! We're increasing the fruits and veggies readily available for students to grab with their meal, along with healthier, homemade snacks. Sourcing from local growers also means the fruits, vegetables, and snacks will change with the seasons!

Goals

We consulted parents, families and current students (third through eighth grade) on their preferences and priorities. We also engaged a licensed dietitian and reviewed the research before setting three main goals:

- Provide a school lunch program that can positively impact students' ability to learn each day.
- Help students develop healthy habits that will benefit them for their entire lives.
- Utilize evidence-based strategies when making food service decisions.

Price Chart

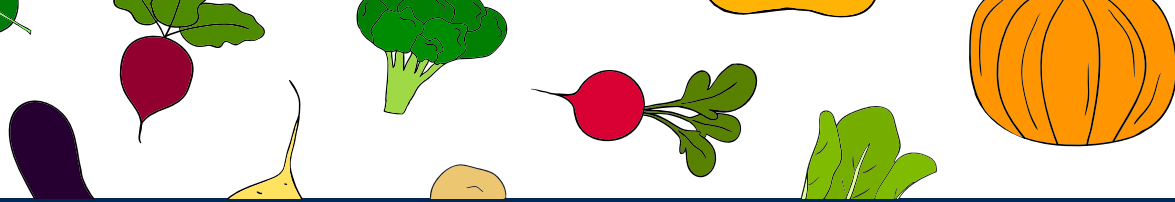
All staff and students will be enrolled in Collegiate Kitchen each term. If you want to opt out from this service, please [complete this form](#) by the term deadline (see schedule on the next page). Non-participating students will need to bring a lunch from home each day.



Learn more here!



Serving delicious, nutrient-dense foods that children will eat.



Meet the team!

Pictured from left to right:

- Pedro Concepcion, K.I.T. Solutions
- Bobby Santacroce, Bobby's Food Co.
- Yumiko Glashausser, Topeka Collegiate



I want my child(ren) to participate, where do I sign up?

No action is necessary to participate in the program. We will automatically enroll students in each term.

To opt out, please scan the QR code below to complete the Opt Out Form prior to the next term deadline.

| LUNCH TERM | DATE RANGE OF LUNCHES | DEADLINE TO OPT-OUT | MONTHLY BILLING AMOUNT |
|--------------|------------------------|---------------------|--|
| 1st Semester | August 17- December 14 | August 3 | PreK to 3rd Gr - \$96.25 (Sept to Dec) 4th to 8th Gr - \$115.50 (Sept to Dec) |
| 2nd Semester | January 4- May 14 | December 14 | PreK to 3rd Gr - \$102.50 (Jan to Apr) 4th to 8th Gr - \$123.00 (Jan to Apr) |

If I opt-out, what happens when my child forgets their lunch?

Collegiate Kitchen staff will provide food to any student who forgets their home lunch. This will be charged to the family's FACTS account.

What if my child doesn't like what is on the menu?

We hope that Collegiate Kitchen helps students try new things and get excited about nutrient-dense food options! We heard from parents that this was important, so please encourage your child's curiosity! If the hot meal is an absolute "no," students will have other options included in the program, such as the salad bar, a vegetarian option, and a vegetable side. Your child is also welcome to bring a lunch from home, however, please note that you will be still be charged for the entire term.

I enjoy helping at lunch and seeing the kids. Will you still need parent volunteers?

Yes, we ask each family to join us in the lunchroom four times per year. Email sayhello@topekacollegiate.org to request the link to sign-up!

What about my child's food sensitivity (lactose, gluten, etc)?

We hope to partner with parents to provide a meal that meets most dietary needs and restrictions. As the program grows, so will our flexibility in this area. Specific concerns should be communicated to sayhello@topekacollegiate.org.

Will you still serve milk?

Yes, we will continue to serve milk, but also plan on having fruit-infused water and non-dairy milk, when possible. We encourage all students to continue to fill their reusable water bottles for lunch and recess.



Collegiate Kitchen FAQ

How will this lunch program be different than any other program in Topeka?

This program focuses on two different aspects of a good lunch: the actual food that children are eating, along with integrating the week's menu with education about the origin, region, and culture of the meals.

What is included in a meal?

Daily menus will fuel and inspire our students. Fruits, grains, vegetables, proteins, and a salad bar are included in the program. Drink options include fruit-infused water, chocolate or white milk. Soups and desserts will be frequent offerings as well.

Is participation by semester or year?

The lunch program is offered in five (5) terms during the school year. Families will be automatically enrolled each term. The opt-out period for each new term will begin roughly two weeks before the end of the current term. To notify the school of opting out, please use this link. The cut-off dates will be strictly enforced. If parents choose to opt out, they will need to send a home lunch daily. Fees will be charged to your Incidental Billings account.

Can I join my student for lunch?

Guests are welcome to join students for lunch. We ask that you reserve your spot in the lunchroom at least one week in advance, to allow time for us to communicate this to the caterer. Guests without a week's notice will be able to enjoy the salad bar, fruit, and soup options only. Please email sayhello@topekacollegiate.org to reserve your spot. Guests must check into the office and will receive a lunch ticket. A guest lunch fee will be charged to your Incidental Billing account.

What about snacks?

Families are welcome to send nutritious snacks to school with their child. Collegiate Kitchen will have snacks available (\$1 each) before morning recess which can be eaten during recess or saved for a later time designated by their teacher. Snacks will no longer be available for purchase at lunch. Students will sign-up for snacks with their teachers at the beginning of each day via FACTS and the items will be charged to your Incidental Billings account. There are no vending machines on campus. Snack examples include, but are not limited to: yogurt, Cheez-Its, fruit, Annie snacks, pretzels, and SunChips.

Can my student bring soda to school?

No, water is the only drink that is allowed in classrooms. Each student is asked to have a reusable water bottle each day. Milk is included in a Collegiate Kitchen lunch.

What about days my student misses lunch due to a field trip?

Sack lunches will be provided for Collegiate Kitchen participants on field trips, too, so no need to worry about that. Children who opt-out will need to bring their home lunch as usual.

