



Eating Right At School

School Lunch

Healthy lunch options are catered daily by Rhody's Craft House. Below is a pricing summary:

- Meal with choice of Hot Entree or Cold Sandwich is \$7.00.
- Lunch options are served with fruit, vegetable, and choice of 1% white or chocolate milk.
- For an additional \$3.50, children may receive a second portion of the entree.

A La Carte Options

Healthy snacks and beverages are available for purchase a la carte from Rhody's Craft House. Each snack costs between \$1 and \$5. Options include items such as hummus, yogurt, fruit, beef jerky, trail mix, granola bars, nuts, juice, water, sports drinks, and more.

Rhody's Craft House offers additional items that may not always align with our approved healthy snacks. Though we cannot restrict the sale of the items, we are committed to teaching about the importance of making healthy choices.

In our October Character and Skills Classes and Off-Ice Performance Training, we dedicate lessons to the healthy lifestyle character trait. Your child has been taught to read food labels. They have toured the lunch line and reviewed label reading and healthy options. Lessons on what types of foods are best for students training to be elite athletes and how to budget healthy food choices are also being taught. We encourage you to ask your children about these lessons.

Please Set Parameters

We'll continue to reinforce making healthy choices throughout the year; it may be helpful to talk with your child about making good choices with the a la carte options. We highly recommend setting parameters with your child about the a la carte items you will allow them to purchase. **For a complete list of a la carte options and pricing, click [here](#).**