

IT'S TIME FOR LUNCH!



MEET OUR NEW CHEF... MONICA WATSON

TCS Lunch Program FAQ

1. Why is TCS starting a lunch program?

While TCS offers a strong, compelling, multi-faceted experiential educational program, we do not provide a daily lunch for our students. By building a lunch program that aligns with our school's values, we will not only feed our students but also provide-through cooking demonstrations, gardening, sustainability, and food exploration—opportunities for them to explore the role food plays in our lives.

2. How will families pay for lunch?

Like other areas of our program, the new food service will be considered a core offering at the school. For that reason, the cost of the lunch program is included in each student's tuition.

3. How much will lunch cost?

Since the school will be responsible for staffing the food service operation and purchasing food, the exact cost of the program depends on some variable factors. However, the school is providing lunch to families "at cost," which we estimate to be slightly more than \$6 per meal, or roughly \$1000 an academic year.

4. How will the lunch program address allergies and/or dietary restrictions?

The TCS chef will work with families to understand and best accommodate the needs of every child. Our chef has years of experience in schools and has addressed allergies and dietary restrictions for many students.

5. Can I still bring lunch?

Yes. While tuition covers the cost of lunch for all families, you may still choose to bring your lunch from home. However, we want all families to participate in the lunch program to grow their student's

understanding and appreciation for food. If you have concerns, we encourage you to work directly with the chef in an effort to participate in the program.

6. What about field trips?

Lunches will be provided for field trips (with the exception of a few long trips).

7. Will this affect the school schedule?

No, the school schedule will not dramatically change with the new lunch program. We still anticipate three lunch periods, although specific times may be adjusted as needed.

8. How will the food be served?

The food will be served family-style to promote an inclusive, respectful environment.

9. Will the food be prepared onsite?

Yes. All food will be prepared in-house and focus on quality and variety.

10. Will the food be healthy?

Yes. The lunch program will provide fresh, nutritious meals to our students. Food will be locally sourced whenever possible and free of trans fat and high-fructose corn syrup. Processed foods will be kept to a minimum.

11. What if I have additional questions?

Questions can be addressed now to the school's administration. Our chef will be available before the program begins to answer more detailed questions about her vision for the program as well as the menu, allergies, dietary restrictions, etc.

"One cannot think well, love well, sleep well, if one has not dined well."
— Virginia Woolf

The above is a defining quote for me. I am so excited to have an opportunity to share my commitment to feeding kids well with The College School community. Working in a supportive school community allows me to combine my two passions: children and food. I believe healthy food plays a critical role in developing the whole child.

I have spent the past ten years working with this purpose by improving nutritional standards for children in school settings while working to develop farm-to-table lunch programs. My goal is to prepare healthy, locally-sourced foods that are kid-friendly and taste great. I am passionate about nurturing children with food and empowering them with the knowledge to make healthy choices for a lifetime.

I have a degree in Restaurant Management and Culinary Arts and began working many years ago in restaurants and catering. After spending time at home with my children, I returned to find greater purpose connecting children to their food. My husband and I have three adult children. In my free time you'll find me traveling, spinning, or hiking with my husband.

