



Lead with Heart.™

**CULINART DINING SERVICES
2017-2018**



CULINART GROUP
INNOVATIVE DINING SOLUTIONS

Dear Parents/Guardians:



CulinArt, our school dining service provider, is pleased to offer Sacred Heart Academy students **the convenience of a declining balance system for all café purchases.**

With the cashless system, students can make **café purchases in a fraction of the time** it takes to pay with cash, and **parents know when and how their money is being spent.**

The system is also a **convenient budgeting tool.** For example, if your child typically spends \$5 on her school meal(s) each day, you can apply \$100 at the beginning of the month and rest assured that your child is eating right every day for the next 20 school days. Families are afforded the confidence that students are **spending dollars on quality, nutritional food choices** supported by CulinArt's **on-staff registered dietitian.**

Similar to an ATM card or your EZ Pass toll system, purchases can be made as long as there is a sufficient balance in the account to cover the transaction. Students scan their SHA Student I.D. Card at café check-out stations. The total dollar amount of each transaction is automatically deducted, clearly displaying the new account balance.

Read on for further instructions on how to get your child(ren) enrolled in the cashless system.

We look forward to a healthy and exciting school year!

Contact Information:



Suzann Castello, Director of Dining Services
telephone: 516.483.7383 x248
email: sacredheartacademy@culinartinc.com

eat well options

The logo consists of the letters 'EW' in white, bold, sans-serif font, centered within a dark orange teardrop-shaped background.

We offer *Eat Well* options in our café every day so that students can make smart selections. Our *Eat Well* offerings contain: Less than 10% of calories from saturated fat and 0 artificial trans fat; Less than 800 mg of sodium per serving; Less than 8g of added sugar; At least 3g of dietary fiber per serving. Look for *Eat Well* identifiers throughout our café.

wakin' up with culinart



bacon and sausage.

Mornings are delicious and nutritious with fresh eggs, pancakes and french toast with traditional sides like breakfast potatoes,

souper soups



Our cauldrons of soups, chowders, and chilis are sure to please with daily fresh selections including vegetarian options.

spinning salads



salad chef. Look for featured local produce.

Our salad station is chock full of the freshest ingredients—greens, veggies, protein, toppings, dressings—and tossed to order by our

quik piks



A complete meal on the go, our daily Quik Pik selections include premade sandwiches, salads, and healthy snacks, including classic favorites and a series of our *Eat Well* menu options (look for the *Eat Well* label).

quik pik selections include premade sandwiches, salads, and healthy snacks, including

upmarket deli



Our deli uses the finest high quality meats and cheeses. Deli sandwiches are available on choice of bread, roll or wrap.

Enjoy made-to-order sandwiches, as well as pre-made euro sandwiches and paninis.

city grill



Fresh from the grill burgers and chicken sandwiches are combined with traditional chicken tenders, fresh-cut fries, onion

rings and more.

tuscan bistro



Fresh-baked traditional and contemporary pizza prepared with our fresh dough and zesty sauce. Look for our house-made

calzones, stromboli and garlic knots.

chef's table



Take "comfort" in our hot entree favorites, and specialty selections, which offer a well-balanced meal ranging from traditional American

fare to international and regional cuisine.

sweet shoppe



Fresh-baked cookies, cakes, pies and brownies are complimented by whole and sliced fresh fruit, pudding, jell-o, low-fat yogurt

parfaits and novelty ice cream.

How it Works:



1. Parents may **deposit funds** into their child's account at **any time**. Simply log on to MyKidsSpending.com and follow the instructions.
2. Participating families may **check** their **account balances** anytime by logging into their MyKidsSpending.com account.
3. Participating families will **automatically receive monthly balance statements via email**. Parents will be notified **within a week** when the balance falls **below \$25**. **Detailed statements** to track your child's spending are also **available upon request**.
4. Additionally, **students** will be **advised** of **low balances** at checkout. When purchasing food, the bar code on a student's ID card will be scanned and her balance will appear on the screen. Please have your child check her balance with the cashier.
5. MyKidsSpending.com is a safe and secure website where parents can view and manage their student's debit card account activity at any time from virtually any internet-enabled device. Simply contact support@mykidsspending.com for assistance in setting up your account.
6. End-of-year remaining balances will be rolled over to the next school year, except for graduating students.

For registration help, email support@mykidsspending.com or call (617) 868-0060 x 4.

CulinArt Dining Services



CulinArt is a strong supporter of local farmers and farm-to-fork initiatives. CulinArt's Sustainable Solutions programs include local produce options. Also, take note of identifiers throughout the cafe, highlighting eat well, vegetarian and vegan offerings (see below). CulinArt and Sacred Heart Academy are working towards an environmentally friendly school community. We are excited to share our green initiatives with you and will continue to make dining decisions that can have a positive effect on the environment.



Eat Well



Vegetarian



Vegan