

# The RPCS Spring 3-5<sup>th</sup> Lower School Meal Plan

An RPCS parent said of the meal plan this fall: "I love the fact that my daughter has such a wide variety of food to choose from and I know exactly what her lunch will cost each day. She now uses her spending money on the extras such as snacks and desserts and has a better understanding of how those items impact her financially. It works wonderfully for us." It is important to all of us at Garrison Dining Services that we meet the needs of the RPCS students and their families. We feature healthy choices throughout the program. With the plan you can ensure your student will have a complete, nutritious lunch ready for her each day when she is at school.

## The Meal Plan features these selections each day:

The Hot Entrée of the Day or a delicious Deli Sandwich

Chef Adrian's Fresh Homemade Soups and a variety of delicious Hot Sides

A salad from the Salad Bar with a great selection of fresh greens, fruit salad, vegetables and toppings

A choice of fresh seasonal fruit such as orchard fresh apples, oranges, bananas and more

A choice of 100% fruit juices, bottled water, skim, 2% and 1% chocolate milk

## Here's how it works.

Sign up for the Full Spring Plan to get lunch every day for your daughter for less than \$4.50 per day!

Payment can be made in two ways:

- Purchase a Spring Lunch Program

The cost for the Spring will be \$399.00. Less than \$4.50 a day!

This program provides lunch each day school is in session for the next 6 months - January 9<sup>th</sup> through the end of school. Allowance has been made for the occasional missed meal.

Submit payment by cash or check (made payable to Garrison Dining Services) including the student info listed below. Mail it or send it to RPCS with your daughter. You can also use our secure website, [www.garrisdiningservices.com](http://www.garrisdiningservices.com). Click "Cafeteria Debit Plan" on the left menu bar and choose the "Meal Plan" tab.

- The Lunch Special may also be purchased daily by sending in money with your child or using Debit Dollars by enrolling in the regular Debit Plan on-line at [www.garrisdiningservices.com](http://www.garrisdiningservices.com). The cost of each lunch will be \$4.85 (plus sales tax).

Meal Plan Info:

Student Name \_\_\_\_\_ Class \_\_\_\_\_ Check Amount \_\_\_\_\_

Parent Name \_\_\_\_\_ Phone \_\_\_\_\_

Please feel free to call the Dining Hall Office with any questions! 410-323-5500 ext. 3026

