

Hello Southtowns Catholic Families,

Welcome to all our returning and new families at Southtowns Catholic. My name is Mary McCabe and I am the Cafeteria Manager at Southtowns Catholic. I am also a Registered Dietitian and certified educator in Health and Nutrition. I am available for any questions regarding your child's nutrition and meal needs.

Enclosed in this packet you will find a copy of the 2023-2024 School lunch application with the income guidelines for eligibility for free/reduced lunches. While your child is attending Southtowns Catholic the "Grab and Go breakfast" and lunches are FREE FOR ALL. This is because we've contracted with Buffalo Public Schools, in which over 50% of the students receive free/reduced meals and fall under the community eligibility provision. We are requesting that EVERY family complete the application, regardless of your income status. The information provided on this application also helps us to apply for and receive other federal funds to benefit our school.

When completing the application if you are over the income guidelines you can write above income threshold or above income guidelines under income. The application process is confidential.

The lunch menu options are thru the Buffalo Public Schools Menu and the September menu is enclosed. Please note:

1. The "A" lunch is the main lunch on the menu.
2. The "B" lunch will be changing slightly this year to a grilled cheese fun lunch on Mondays, Wednesdays and Fridays and yogurt fun lunch on Tuesday and Thursdays.
3. The "C" lunch will remain the same as PB&J fun lunch with cheese stick. All fun lunches have the same sides as the main "A" lunch selection.

Your child can select off the line with their teacher's assistance for PreK-K. We also try to do some taste testing on new items from the garden or fruits, and just have the student try a small taste. Each student must pick 3 food groups so even if they pack their lunch of just a sandwich they can walk thru the line and choose a fruit, milk, and small grain snack to accompany their lunch.

I have also enclosed an ice cream birthday celebration sheet, which should be submitted to me one week prior with payment for the celebration. Also, please let me know 48 hours before if you want to do a party of any kind, and we can provide plates and silverware and drinks and salad to accompany a pizza party etc. This way each student receives the three food groups, we receive reimbursement for the number of qualifiable meals, and I am able to adjust my count and productivity for the week.

An allergy memo is also enclosed. If your child has any food intolerances or allergies, written information must be provided to the school nurse who also provides it to the kitchen.

If you have any questions, concerns, or meal issues please call or email:

Mary McCabe, RD CDN

716-627-5011 Ext 231

mmccabe@southtownscatholic.org