HEALTHY SCHOOL LUNCH PROGRAM!

Dear St. Katharine Drexel School Families,

Again this fall, St. Katharine Drexel School lunch program continues meeting tough new federal nutrition standards for school meals, ensuring that meals are healthy and well-balanced and provide students all the nutrition they need to succeed at school. Now is a great time to encourage your children to choose school lunch!

As in the past, school meals will continue to offer students milk, fruits and vegetables, proteins and grains. School lunches are required to meet standards:

- Age-appropriate calorie limits
- Larger servings of vegetables and fruits (students must take a ½ cup of fruit or vegetables)
- A wider variety of vegetables, including dark green, red/orange, starchy, legumes and other vegetables.
- Fat-free chocolate or white and 1% white milk (flavored milk must be fat-free)
- More whole grains
- And less sodium

We're always working to offer Saint Katharine Drexel students healthier and tastier choices. School meals are a great value and a huge convenience for busy families, too!

We encourage families to check if they may qualify for free or reduced price school meals. An application is on the school website or can be picked up in the School Office. To find out more information, please contact the School Office (885-5558).

The Meal Prices for this Year are: Grades **3K**-8: $3.10 per meal per student

Adult: $4.20 per meal per adult Milk a la cart: 50 cents

We look forward to welcoming your children to our school lunch program this fall.

Thank you!

Ms. Hayley Kong
St. Katharine Drexel School
Food Service Manager / Head Cook

August 2026

*This institution is an equal opportunity provider.

