



NEW LEAF PREP ACADEMY & PRESCHOOL

NUTRITION PROGRAM

Program Details

Students spoke, and we listened. We are excited to share with you our newly improved 2024/2025 Nutrition Program! Throughout the summer, our amazing new chef, Mr. O'Day, worked hard reviewing survey results, sourcing high-quality and local ingredients, creating homemade recipes, and using our summer campers as taste testers.

With a focus on a whole-child approach to education, a top-quality nutrition program is a no-brainer. At New Leaf, we prioritize serving high-quality, local, nutrient-rich, and organic meals to fuel your child's body and brain. We have paired with a nutritionist to develop our 4-week rotating menu to do just that! After years of working with children, we are confident we can get them excited and interested in discovering new items to create lifelong healthy habits!

Nutrition Program

We regard healthy and organic food and nutrition education as major components of our school. Our Nutrition Program focuses on food preparation and quality organic made from scratch Eatery options unlike those at any other school. Additionally, we offer our same quality lunches at free and reduced prices for those students who qualify. To see our gourmet rotating menus, head to the resources tab on our website. Organic 2% milk is served with all breakfast and lunch meals to students enrolled in the hot-lunch nutrition program or enrolled and in attendance in the before-school program during breakfast. Milk is also an option for students bringing cold lunch. Please see the chart below for cold lunch milk pricing details.

Morning snacks through NLPA are **not optional**. This meal helps students fuel their bodies and brains for a successful educational experience. Students who have allergies may refer to our allergy policy below. Morning snacks are provided at free or reduced prices for students who qualify.

School Hot Lunch is **optional**. Students who are not participating in our hot lunch program may bring a parent-provided packed lunch. Lunch items that are brought and do not meet the Nutrition Program criteria will be confiscated. New Leaf Prep Academy serves a 4-week rotating menu of nutritious local lunches. Please see the nutrition program page on our website under the parent's tab to learn more and see our brand-new menus!

Vitamins, including gummies, are not allowed in student snacks or lunches. Vitamins are considered a supplement and should be consumed outside of school hours. If supplements or medications of any type need to be consumed during school hours we must have proper documentation to administer and keep medications in the school office.

School Lunch

Due to our small school size, at this time, we are unable to serve high-quality fresh & organic lunches to students in unfixed or constantly changing quantities. Doing so would not be financially possible and would also create unnecessary food waste. For this reason, lunch will be prepared based on opt-out periods that occur every month. Parents may opt out of the lunch program approximately 2-weeks before each month period, on the 15th or nearest business day of the month prior. Lunch status for each month period will be indicated to supervising staff during self-service in the lunch line. Body fueling and filling lunch quantities will be determined for students based on their age and serving size recommendations.

Students who do not opt out of the lunch program following the detailed process below will be billed for hot lunch for the month period regardless of whether their student consumes lunch or not. Students who opt-in (meaning those who do not opt out of NLPA-provided lunches by the dates indicated below) may still bring cold lunches that follow our guidelines, but lunch charges will not be waived at any point throughout the full month period. To opt out of one, all, or select months, please email contact@newleafprepacademy.org. Selections can be reversed with proper notice.

Please see the following information regarding hot-lunch program periods & pricing.

Month	Service Dates	Opt-Out Due Date	Lunch Amount	Cold Lunch Milk Only
August/ September	August 26 - September 30	August 15th	\$179	\$18
October	October 1-31	September 16th	\$149	\$15
November	November 1-29	October 15th	\$127	\$13
December	December 2-20	November 15th	\$112	\$12
January	January 2-31	December 16th	\$149	\$15
February	February 3-28	January 15th	\$135	\$14
March	March 3-31	February 14th	\$112	\$12
April	April 1-30	March 14th	\$149	\$15
May/June	May 1-30	April 15th	\$149	\$15

Free and Reduced Lunch is available to qualified students. Please contact the main office to fill out paperwork and for reduced lunch cost pricing.

A forgotten lunch fee of \$8.50 will be charged to each student who opts out of hot lunch and forgets a packed cold lunch with required components. If proper notice is given by the student of their forgotten lunch, we will contact parents to bring in a cold lunch. The habitual occurrence of forgotten lunch cannot be accommodated and will result in a meeting with the Head of School to remedy the situation.

Meal	Time	Meal Options	Monthly Cost	Payment
Breakfast	7:00 am-7:30 am	Provided	Included	Included*
Morning Snack	9:00 am-10:00 am	Provided	\$38.00	Required
Lunch	11:15 am-12:45 pm (3 periods)	Provided or Bring Cold	See Chart Above	Optional
Afternoon Snack	3:30 pm-4:30 pm	Provided	Included	Included*

*Breakfast is included only for students enrolled in the before-school program, and afternoon snacks are included only for students enrolled in the after-school program.