

Teleos Meal Program

Teleos is happy to provide a healthy breakfast and lunch program for our students. While we do offer a free and reduced breakfast/lunch, you must qualify for it. If you do not qualify for free and reduced lunch, the cost for breakfast is \$1.99 and lunch is \$3.15. Reduced prices are \$.30 for breakfast and \$.40 for lunch. If your child eats a Teleos Meal we must bill for that meal because we are billed for it. For our program to be successful we need your help in paying the bills. We expect students mealtime account balances to be kept in the positive. We suggest depositing an extra \$20 creating a positive balance for your student that you refill weekly or monthly, while keeping a buffer. We are not able to serve meals or bill on accounts that are over negative \$5, those students will need to bring a lunch in from home. Please use the table below to plan ahead for your students meals and needs. We will do our best to keep families informed of low and zero balances. We believe communication is the key to having a successful year.

Mealtime Price Sheet			
Full Price	1 day	5day	4weeks
Breakfast	\$1.99	\$9.95	\$39.80
Lunch	\$3.15	\$15.75	\$63.00
Total	\$5.14	\$25.70	\$102.80
Reduced Price			
Reduced Price	1 day	5day	4weeks
Breakfast	.30¢	\$1.50	\$6.00
Lunch	.40¢	\$2.00	\$8.00
Total	.70¢	\$3.50	\$14.00

If your child has a **food allergy**, food substitutions will only be made if a **doctor's note** is provided. This applies to any students that **do not eat pork** or are **vegetarian** as well. **The kitchen must have a 2017 updated documentation in the form of a DOCTOR'S NOTE.** If you have any questions about your students lunch account or the cafeteria please contact Ms. Long at (602) 753-9389 or MLong@teleosprep.org.

Lunches from home are welcomed as well at Teleos. Lunches must be ready to eat and must require **no** refrigeration. **Students will not have access to refrigerators or microwaves.** We are lucky to have a real Chef and a full kitchen preparing our meals. This means we must follow strict state food regulations of Cafe Eden. We suggest using ice packs to keep meals cool. We also highly recommend sending healthy high protein, vegetable and fruit filled lunches. **Please save the candy for home.** Lunch at Teleos is a vital part of our day, it's your students chance to refuel their body and brain to continue their learning. Please explain to your student that the food you provide is for them to eat and not for trading. We do not tolerate bullying at Teleos at any point during the school day. That includes lunch, so if an issue arises please inform staff as soon as possible. Thank you for being a vital part of Teleos's strong community.

Teleos does have a few **banned food items list**. We work closely with each student and the church to create a clean, orderly and safe environment. We ask that following items are not brought on campus. **All hot chips, like Takis and Hot Cheetos are not allowed on campus. Popcorn is also banned as it attracts rodents.** While from time to time teachers will give candy prizes to students, we ask that students **do not bring candy to school**. We also have several students that have high sensitivity to red food coloring and certain food items causing a behavioral change. If your student is in a classroom with special food limitation you will receive word of those items. If your child has a food allergy or sensitivity we need that documented for their file and for their teacher.

Snack Times varies throughout the grade levels. Because we have very high expectation for our students, we have created this list of suggested snacks.

Fruit Snacks	Vegetable Snacks	Grains Snacks	High Protein Snacks
<ul style="list-style-type: none"> · Fruit eaten alone is one of the easiest snacks around! · Fruit leather · Applesauce · Fruit/ Apple chips · Dried fruit · Fruit and cheese tray 	<ul style="list-style-type: none"> · Veggies eaten alone is also one of the easiest snacks around · Carrot sticks and hummus · Veggie tray with hummus · Ants on a log – celery filled with peanut butter and topped with raisins(some grades have a nut ban due to student with severe allergy). 	<ul style="list-style-type: none"> · Muffins · pretzels · Quesadillas · Granola bars · Veggie Chips · PB&J tortilla roll-up(some grades have a nut ban due to student with severe allergy). 	<ul style="list-style-type: none"> · Hard boiled eggs · Trail mix · Yogurt /cheese stick · Granola energy bars · Beef jerky · Nuts (some grades have a nut ban due to student with severe allergy).

Birthday celebrations and holiday policies

At Teleos we are excited to celebrate all milestones that happen in our students lives. We also recognize there are many holiday that our families and students love to honor. We ask that families provide healthy treats for classroom with **approval from the office**. Most events will be held at the end of the day before student leave for the day.

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

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This institution is an equal opportunity provider.

Family information sheet

Please print neatly when filling out.

Parent/ Guardian Name (1) _____

Parent/ Guardian Name (2) _____

From time to time Teleos students get invited to special events. We are also given limited spaces with different community outreach programs giveaways during the holidays. We can never guarantee items or an invitation, but with the following information we are better prepare to not overlook anyone.

Student's names:	Relationship:	Grade:	Shirt sz:	Pant sz:	Shoe sz:
1. _____	_____	_____	_____	_____	_____
2. _____	_____	_____	_____	_____	_____
3. _____	_____	_____	_____	_____	_____
4. _____	_____	_____	_____	_____	_____
5. _____	_____	_____	_____	_____	_____
6. _____	_____	_____	_____	_____	_____

Please check all that apply

<input type="checkbox"/> I would like to participate	<input type="checkbox"/> I may need assistance if available
<input type="checkbox"/> I would like to volunteer <input type="checkbox"/> I have a valid Arizona finger print card or have been finger printed through GHA-HR <input type="checkbox"/> I would like to help with lunch <input type="checkbox"/> I would like to help with field trips <input type="checkbox"/> I would like to help with the parent organization <input type="checkbox"/> I would like to help with afterschool <input type="checkbox"/> I would like to help with the student volunteer program <input type="checkbox"/> I would like to be contacted to donate needed items	<input type="checkbox"/> Help with food during the school year <input type="checkbox"/> Holiday meals <input type="checkbox"/> Holiday gifts <input type="checkbox"/> Job placement <input type="checkbox"/> Educational assistants <input type="checkbox"/> Student or Family counseling

Best way to contact you? # _____ Email _____