



The Healthy Lunch Box (www.thehealthylunchbox.com) is pleased to send you information about our lunch service for **St. Thomas Episcopal School**.

The Healthy Lunch Box has been in business serving schools since 1996, and we currently provide about 4,000 meals per day during the school year. Here are some highlights:

- ❖ The Healthy Lunch Box is owned by caring moms who understand the importance of balancing nutrition with a child's way of eating. At The Healthy Lunch Box, your child's food is handmade daily from scratch, daily, *with love!*
- ❖ A hot entrée, a vegetarian entrée and alternate deli/grill meals are available for school-age children during the school year.
- ❖ The Healthy Lunch Box menu does not include nuts in our recipes, but we do receive some baked goods and other products that may come from a facility that uses nuts in their production processes. If you have further questions about allergies or ingredients, please contact Theresa Barajas at The Healthy Lunch Box.
- ❖ Fresh/Frozen vegetables are (not canned)
- ❖ All fresh vegetables are hand washed & cut - no bagged salads.
- ❖ Meat/poultry/seafood hand cut – NO preformed nuggets or strips.
- ❖ Hot dogs, when offered, will be all beef/no filler.
- ❖ Pasta/Breads/Rice are generally 50% brown/wheat (unless wheat product is out of stock or unavailable).
- ❖ Sweets are prepared by hand with minimal sugar (and no artificial sweeteners), and wheat flour (no preservatives in our sweets!).
- ❖ Menus are passed out to students 2 weeks prior to calendar month. Parents should place order/pay for orders online at:

<http://healthylunchbox.h1.hotlunchonline.net>

School Code for St. Thomas:

Preschool: 3887

Kindergarten & Up, & Faculty: 3111

- ❖ We can normally place several months of menus on-line, even an entire semester!
- ❖ Once an order is placed parents are able to go in and easily make changes to your menu selections or cancel lunches **up until midnight the evening before.**
- ❖ **Any meal not preordered by midnight the night before costs \$1.00 extra as it requires special handling. If you need to order an emergency meal, please TEXT the kitchen between 7:00am – 8:45am at 832-372-8300 – include school name, child name & grade, and request in text.**
- ❖ We have a very secure website. However, if parents are uncomfortable placing an order online you can call us and we will process your order for the month over the telephone at no extra charge.
- ❖ Convenience fee of 30 cents per total order added to any order totaling less than \$30.00 – other than that, there is no extra charge for ordering from us on-line!

Lunch prices and August menu will be released in July.