



## Damariscotta Montessori School

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October 1, 2007

Dear Elementary Parents,

Beginning Friday, October 5<sup>th</sup>, the elementary students will start their Healthy Friday Lunch program. On each of the assigned Fridays, the elementary students will not need to bring lunches with them. Instead the upper and lower elementary will enjoy a group lunch experience that incorporates shopping, budgeting, and cooking (for each of the assigned children) as well as lessons in manners, grace, and courtesy in each classroom's group dining experience.

This year, we are doing something a bit different by having **four** children participate in the bringing/preparation/serving of Healthy Friday lunches. Here's an overview:

- Of the four students assigned each Friday, one will be responsible for the main dish, one for bread, one for salad, and one for dessert. These children will be acting as "hosts" (as if they were hosting a dinner party). As such, we respectfully ask that as each child prepares the menu for his/her particular item, they take into consideration some of the dietary restrictions of their fellow classmates. Currently we have 4 vegetarians in upper elementary and 1 in lower elementary.
- Each item will have a budget assigned to it and this should accommodate 30 people:
  - Main dish: \$35
  - Homemade Bread: \$10
  - Salad: \$12
  - Dessert \$10
- Each dish must be healthy and follow the school's meal and lunch policies. This is a great opportunity to educate your child on the value of healthy and fresh foods.
- The children who are assigned to an item for that Friday should:
  - Look up or choose the recipe for that item;
  - Plan and go shopping for the ingredients;
  - Keep track of the budget for that item;
  - Cook and/or prepare the item (with help). *PLEASE NOTE: Due to equipment restraints, all cooking must be done at home, reheating is done on site in our microwave or small convection oven. Crock pots or slow cookers can be brought in.*
- We welcome "cold cooking" options such as sandwiches or other items that don't require any cooking at all.

As the budgets are limited, the children will need to be creative about what healthy option they choose to serve, what they can buy at the store and what they need to put back on the shelf. Please do not allow your child to go over budget (you may certainly stay below that budget). Not only is it additional money out of your pocket, but a valuable lesson would be lost on the merits and difficulties of budgeting and planning. It is okay to modify the menu to meet the budgetary constraints. This is a great opportunity to teach your child how to use a calculator in a very real and constructive way. A word of caution—the children can spend a lot of time in the grocery store making choices, so try to plan for your trip and don't be afraid to put reasonable time constraints on your store visit.

Each Friday morning, the children who are assigned to lunch that Friday, will begin preparing their contributions in the late morning (before lunch), depending on the needs of their menu. The children will prepare, serve, and clean up. There are many great lessons in this activity—working together, planning and budgeting, following a recipe, cooking, serving, cleaning up, and of course grace and courtesy in both serving and eating what their classmates have prepared for them.

If you have any questions, please give us a call. Attached is the assigned student listing for the Healthy Friday Lunch Program for each classroom. As it works out, each child will be responsible for each menu item once over the course of the school year. If, for some reason, your child is out on vacation or sick on your assigned Friday, please either make arrangements with another elementary parent to “switch days” and/or call the office with as much advance notice as possible--we will try to help you to switch your assignment with another student on another day.

Thank you,

*Chip, Jill, and Teresa*

## Elementary Friday Lunch Assignments:

(Make portion preparations for 30 people)

<b>Date</b>	<b>Main Dish (\$35)</b>	<b>Bread (\$10)</b>	<b>Salad (\$12)</b>	<b>Dessert (\$10)</b>
<b>October 5</b>	Riley Andrews	Quinn DeLorenzo	Ezra Hinkley	Cristina Rushton
<b>October 19</b>	Ethan Avantaggio	Mel Geisler	Sam Inman	Zoey Sewall
<b>October 26</b>	Hannah Basham	Garrett Grant	Max Hinkley	Tommy Rushton
<b>November 2</b>	Sophie Avantaggio	Andrew Greenleaf	Robert LaCasse	Katherine Tolley
<b>November 9</b>	Autumn Beaudoin	Amos Hinkley	Ben Moon Black	Aidan Shadis
<b>November 16</b>	Eve Corbett	Seth Hewson	Channing Nelson	Kayleigh Tolley
<b>November 30</b>	Mackenzie Beaudoin	Ezra Hinkley	Alex Ray Weber	Riley Andrews
<b>December 7</b>	Joshua Crabtree	Sam Inman	Isaiah Ricker	Ethan Avantaggio
<b>December 14</b>	Quinn DeLorenzo	Max Hinkley	Cristina Rushton	Hannah Basham
<b>December 21</b>	Mel Geisler	Robert LaCasse	Zoey Sewall	Sophie Avantaggio
<b>January 4</b>	Garrett Grant	Ben Moon Black	Tommy Rushton	Autumn Beaudoin
<b>January 11</b>	Andrew Greenleaf	Channing Nelson	Katherine Tolley	Eve Corbett
<b>January 18</b>	Amos Hinkley	Alex Ray Weber	Aidan Shadis	Mackenzie Beaudoin
<b>January 25</b>	Seth Hewson	Isaiah Ricker	Kayleigh Tolley	Joshua Crabtree
<b>February 1</b>	Ezra Hinkley	Cristina Rushton	Riley Andrews	Quinn DeLorenzo
<b>February 8</b>	Sam Inman	Zoey Sewall	Ethan Avantaggio	Mel Geisler
<b>February 15</b>	Max Hinkley	Tommy Rushton	Hannah Basham	Garrett Grant
<b>February 29</b>	Robert LaCasse	Katherine Tolley	Sophie Avantaggio	Andrew Greenleaf
<b>March 7</b>	Ben Moon Black	Aidan Shadis	Autumn Beaudoin	Amos Hinkley
<b>March 21</b>	Channing Nelson	Kayleigh Tolley	Eve Corbett	Seth Hewson
<b>March 28</b>	Alex Ray Weber	Riley Andrews	Mackenzie Beaudoin	Ezra Hinkley
<b>April 4</b>	Isaiah Ricker	Ethan Avantaggio	Joshua Crabtree	Sam Inman
<b>April 11</b>	Cristina Rushton	Hannah Basham	Quinn DeLorenzo	Max Hinkley
<b>April 18</b>	Zoey Sewall	Sophie Avantaggio	Mel Geisler	Robert LaCasse
<b>May 2</b>	Tommy Rushton	Autumn Beaudoin	Garrett Grant	Ben Moon Black
<b>May 23</b>	Katherine Tolley	Eve Corbett	Andrew Greenleaf	Channing Nelson
<b>May 30</b>	Aidan Shadis	Mackenzie Beaudoin	Amos Hinkley	Alex Ray Weber
<b>June 6</b>	Kayleigh Tolley	Josh Crabtree	Seth Hewson	Isaiah Ricker