

ABOUT WHITSONS



DEAR FAMILY,

The beginning of the school year is approaching, and we would like to extend a warm welcome to let you know that Whitsons School Nutrition has exciting plans for the school meal program. Our goal is to serve nutritious, well-balanced meals that appeal to students and the school community. We are pleased to provide a comprehensive school dining program at **The Haddon Township School District** that meets the National School Lunch and Breakfast Program requirements and engages students in developing a positive attitude toward healthy eating.



At Whitsons we have gone back to a time when good food was simple. As part of our Simply Rooted® Food Philosophy we are focused on using ingredients that are locally sourced, all-natural, organic or non-GMO, and minimally processed, whenever possible. We've gone back to our roots and we would like the entire **Haddon Township** school community to join us on this journey.

INTRODUCING REAL MEALS™ BY WHITSONS

We're excited to introduce Real Meals™, our new brand for K-12. In keeping with our mission of Enhancing Life One Meal at a Time™, we are dedicated to nourishing the students within the communities to serve fresh, delicious meals made from scratch using wholesome, local ingredients whenever possible. Our Real Meals let the wholesome ingredients, that they are prepared from, shine through. Real Meals by Whitsons are made from fresh ingredients the way nature intended and they fuel the minds of our customers. Look for Real Meals at your school this fall.



OTHER INFORMATION

We're excited about our partnership with The Haddon Township School District and hope to provide a great program while becoming part of the **Haddon Township** community.



Your opinion matters to us. If you have any suggestions for the school nutrition program, please contact Whitsons' General Manager, Sofia Zois at Zoiss@whitsons.com. We are here to serve you and your child(ren)'s needs and look forward to being a part of your community for many years to come.

Sincerely,
Sofia Zois
General Manager

ABOUT WHITSONS

At Whitsons, we are committed to helping people to live healthier lives by moving food in a more wholesome and natural direction. We are dedicated to providing wholesome, high quality menus prepared from fresh and locally sourced ingredients whenever possible. This is all part of our Simply Rooted® food philosophy. Our foundation is set on strong family values, while our future remains focused on sustainable, real food. We are Simply Rooted in food and family, it's as simple as that!

INTRODUCING REAL MEALS™ BY WHITSONS

We're excited to introduce Real Meals™, our new brand for K-12.

In keeping with our mission of Enhancing Life One Meal at a Time™, we are dedicated to nourishing students within the communities that we serve with delicious meals made from scratch using local ingredients whenever possible. Real Meals™ by Whitsons are also made fresh with wholesome ingredients the way nature intended and they are fueling the minds of students across the country.

UNDERSTANDING SCHOOL MEALS

School meals are a healthy option, a great value, and convenient for busy families!

- The National School Lunch & Breakfast Program (NSLP and SBP) are federally funded programs providing nutritionally balanced meals to children each school day.
- The Healthy, Hunger-Free Kids Act (HHFKA) ensures that meals are healthy and well balanced and provide students with all the nutrition they need to succeed at school. The good news is that much of the components of the HHFKA final ruling have already been in place in our school programs for some time, such as: whole grain offerings, variety of fresh fruits and vegetables, focus on lean protein choices, smart snack options, fat-free and low-fat milk, and reduced sodium content.
- All student meals include: Protein Choice, Fresh Vegetable Choice, Grain Choice, Fruit Choice, and Milk Choice.



Real Meals™ CAFES

Our interactive Real Meals™ healthy eating program motivates and inspires students to consider the many benefits healthy eating and exercise have on their growing bodies and minds. Aligned with our Simply Rooted® food philosophy, we are embarking on a movement to help students develop positive self-esteem and healthy eating habits by making a connection between attitudes and living healthy. It's all about making the connection between food and healthy habits.

At elementary schools, our award-winning Nutrition Safari® program will introduce younger students to lovable animal characters to teach them about selecting healthy choices from each different food group for a well-balanced diet. The program's mission is to encourage students to develop lifelong healthy eating habits.

At secondary schools, monthly Flaves will feature trendy menu items and activities to engage older students. Whitsons has also invested in professional signage and merchandising that creates a food court-style environment. It's like going out to lunch without ever leaving the building. Our goal is to entice students to make nutritious and delicious meal choices.

OUR MENUS

Healthy school meals are a critical component to the overall educational experience, nourishing the body, and setting the stage for a day of learning and knowledge retention. We offer age-appropriate lunch menu options at each grade level, with increasingly more options at the older grade levels as students mature and learn how to make healthier choices.

- At the elementary school level, we strive to help educate and guide younger students to make balanced meal choices from amongst familiar "kid-friendly" foods made with healthier ingredients.
- For secondary school students, we offer a food-court style environment with a wide variety of wholesome menu choices.

Whitsons offers a variety of meal choices and Smart Snack options that meet NSLBP, HHFKA, and state nutrition guidelines, and are analyzed and approved by a Registered Dietitian. We also collaborate with parents, students, and school nurses to accommodate the dietary requirements of students with food allergies and other special diets. Our interactive menus may be found online at www.fdmealplanner.com. Interactive menus provide you with nutritional and allergen information you need to plan your school meals

CONTACT US

If you have any suggestions for the school nutrition program, please contact Whitsons' General Manager, Sofia Zois at zoiss@whitsons.com. We are here to serve you and your child(ren)'s needs and look forward to being a part of your community for many years to come!



FD MEALPLANNER

Explore nuestra plataforma de visualización de menú móvil de última generación que ofrece la planificación del menú, información nutricional, ingredientes de las comidas e información sobre alérgenos en tiempo real al alcance de los estudiantes, padres y personal del distrito escolar.

¡FD MEALPLANNER (PLANIFICADOR DE COMIDAS) ESTÁ DISPONIBLE EN SU DISTRITO!

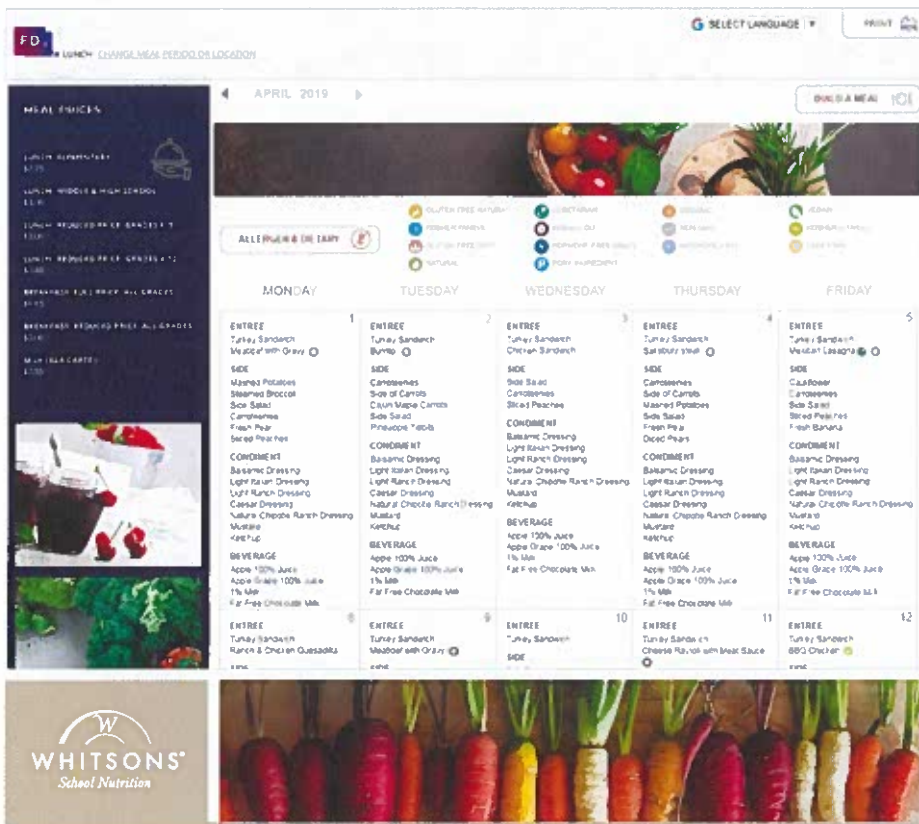
FD MEALPLANNER proporciona un fácil acceso a la información del menú de la escuela en cualquier momento, desde cualquier dispositivo móvil o PC. Nuestros menús son interactivos, lo que le permite crear sus propias comidas para ver información nutricional personalizada y alérgenos. Esta función es especialmente importante para los padres de niños con alergias alimentarias y las enfermeras escolares que necesitan un acceso rápido y fácil.



PARA VER INFORMACIÓN ESPECÍFICA DE ALÉRGENOS, NUTRICIONES E INGREDIENTES DE NUESTRAS OFERTAS MENSUALES ACTUALES DEL MENÚ, VISITE WWW.FDMEALPLANNER.COM O ESCANEE EL CÓDIGO QR QUE INTRODUCE.

Esta herramienta de visualización de menú fácil de usar también le permite crear su propio perfil, o un perfil para toda su familia de estudiantes, y luego guardar las preferencias de su cuenta, lo que facilita las futuras visitas de **FD MEALPLANNER**.

Simplemente visite WWW.FDMEALPLANNER.COM para comenzar, o descargue la aplicación **FD MEALPLANNER** en su dispositivo móvil de forma gratuita visitando App Store (para dispositivos iOS) o Google Play (para dispositivos Android).



FD MEALPLANNER

Check out our state-of-the-art mobile menu viewing platform which brings menu planning, nutrition information, meal ingredients and real time allergen information right to the fingertips of students, parents and school district staff.

FD MEALPLANNER IS AVAILABLE IN YOUR DISTRICT!

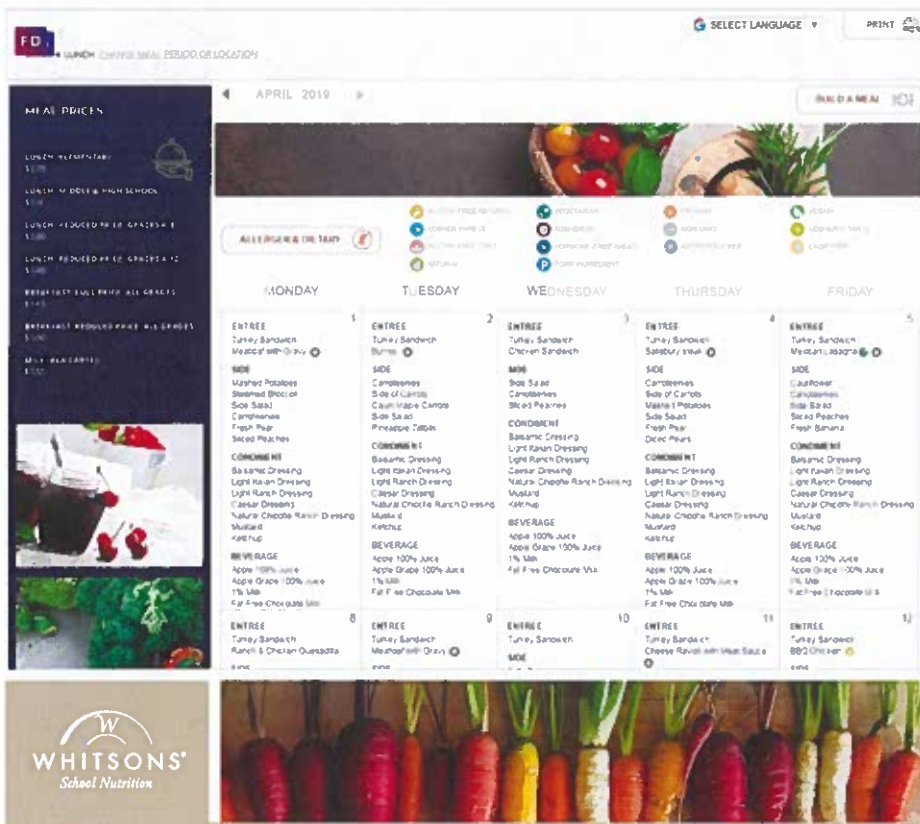
FD MEALPLANNER provides easy access to school menu information anytime, from any mobile device or PC. Our menus are interactive allowing you to build your own meals in order to view custom nutritional and allergen information. This feature is especially important for parents of children with food allergies and school nurses who need quick and easy access.



IN ORDER TO VIEW SPECIFIC ALLERGEN, NUTRITIONAL AND INGREDIENT INFORMATION FOR OUR CURRENT MONTHLY MENU OFFERINGS, PLEASE VISIT WWW.FDMEALPLANNER.COM OR SCAN THE QR CODE.

This user friendly menu viewing tool also allows you to build your own profile, or a profile for your entire family of students, and then save your account preferences--making future FD MEALPLANNER visits a breeze.

Simply visit WWW.FDMEALPLANNER.COM to get started, or download the FD MEALPLANNER app to your mobile device free of charge by visiting the App Store (for iOS devices) or Google Play (for Android devices).



Whitsons Culinary Group is

SIMPLY ROOTED[®]

in food & family

Whitsons' story began in 1979 when Elmer and Gina Whitcomb purchased a pair of restaurants in Garden City, New York. At our roots, our story is not just about our love of food. It's also about a family that is deeply passionate about wholesome foods that nourish the body and mind while also nurturing the spirit.

Our Simply Rooted[®] philosophy of wholesome food and family values represents our commitment to helping people live healthier lives by providing clean and natural food choices.

Since 2004, we have been leading the industry by requiring our suppliers to remove ingredients like high fructose corn syrup, artificial colors and unnecessary additives from their products. It is important to us to work with manufacturers and local vendors that share our philosophy and take pride in the farming and production of their products, so we are able to offer our customers the most nutritious and wholesome ingredients available in our journey towards a transparent and natural food experience.

This is the core of Whitsons' Simply Rooted[®] philosophy—a return to traditional, wholesome ingredients the way nature intended us to eat; back to the farm and to ingredients straight from the source. We believe it is important to serve the same kinds of meals to our customers that we would serve to our own family and you would serve to yours.

Simply Rooted[®] in Food

Wholesome food is much more than just the ingredients found (or not found) within our meals; it considers the methods used to grow, farm and handle our ingredients as well. Wholesome ingredients the way nature intended us to eat; back to the farm and to food straight from the source; and a commitment to providing clean, natural, locally sourced, and when possible organic and non-GMO.

Simply Rooted[®] in Family

We value family, and not just because we are one. The way our onsite teams serve our customers by developing personal connections continues to be the foundation of our success. Our company's commitment to family values can best be expressed through our mindset to "Be the Best Part of Someone's Day."

When it comes to our food ingredients, less is more.

Whitsons offers simple ingredients you can understand, and nutrition you can count on.
We are not just an ordinary food service company; we are Simply Rooted[®] in food and family.



WHITSONS CULINARY GROUP | FAMILY OF COMPANIES
WWW.WHITSONS.COM