



Dear Parents and Students,

Welcome to the 2024-2025 school year!!

Each day, a freshly prepared lunch is offered in the cafeteria for grades K-8 and in the classroom for preschool students. Students can choose from a main entrée, a specialty entrée salad, or a sandwich (peanut butter, peanut butter and jelly, cheese sandwich, or veggie burger) daily. Lunch also includes appropriate side dishes, such as a fresh vegetable, fresh fruit, an occasional treat, and access to our Hydration Station, which offers infused water and low-fat milk daily. Pizza slices are available every Wednesday through Uptown Pizza in Delray Beach. Throughout the year, special event menus will also be offered.

The menus are designed to be both child-friendly and nutritionally balanced, offering opportunities for students to try new, healthy foods daily. Food is prepared from scratch using healthy cooking techniques and incorporates organically grown vegetables and herbs from the campus gardens. The menu is available on the school's website at [Unity School Lunch Menu](#) and through the Unity School app. Students order lunch each morning upon arrival in their classroom.

Plain water and low-fat milk are the preferred beverage options for lunch and snacks at Unity School. Beverages containing added sugars or caffeine, such as juice, soda, and flavored waters, are not permitted.

Lunch costs \$6.25. A super-sized meal (which includes larger portions) is available for an extra \$2.25. Access to the Hydration Station or low fat milk is \$0.75. Lunches are billed monthly.

Unity School adheres to a Wellness Policy that encourages bag lunches, snacks, and food served at classroom events to be nutritionally balanced. Candy, chocolate items, products with red or blue food dye, and the sharing of food between students are not permitted. Please familiarize yourself and your family with the policy, which can be found on the Unity School website under the Food Service section: [Unity School Food Service Policy](#).

Questions, concerns, and suggestions are always welcome. Please do not hesitate to contact me. Thank you for your continued support and encouragement.

Sincerely,

Navalee Hylton MS, RDN, LDN, Chef
Director, Food Service
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