

## **Food For Thought School Lunch Program**

### **Aurora School**

Dear Parents, Students and Staff,

Food For Thought Catering carefully prepares and delivers tasty, healthy meals with nutritional emphasis to schools within Northern California. We are proud to be the provider of meals to your children and it shows in the quality of each meal.

Our commitment to giving our children a better planet begins with organic produce and fruits, biocompostable packaging, grass fed beef and free range/hormone free chicken breasts. It continues with making meals the way your mother did, from scratch. Not frozen, not processed!! That means our meals are made without chemicals, preservatives or Trans fats. Our meals are made fresh each morning, not a day ahead, so they provide the best possible taste and texture. We provide 12+ meal choices each day. Our menu is diverse, has vegetarian options and each meal choice is provided with nutritional and allergen info. Parents have until 9am the day before service to make an order, so if you want lunch on Monday, order before 9am on Sunday. We are reachable by phone from 5am until 10pm, 7 days a week if the need arises. We conducted a tasting at the school and the staff were very pleased with the meals.

Food For Thought Catering began in 1995 with a dream (yes, an actual dream) that we could provide meals to customers in offices that would enlighten their palates while protecting their paycheck. I started the company 2 weeks later and it was an instant success. The children's lunch program began 8 years ago when I saw what was being fed to school age children. I knew we could provide better quality meals and make it easy for parents to choose from a large selection. By partnering with local, sustainable, healthy providers, we set the standard for other lunch companies to follow.

If you ever wish to speak with us, please call us directly at (925) 876-3150 and we'll be happy to provide any assistance needed. Thank you for the opportunity to be your new provider of great meals.

Regards,

Michael and Denise Lewis

## Food For Thought School Lunch Program

**Let's Meet** The staff of **Food For Thought Catering** are very pleased to be the caretakers of your student's lunch needs. We take painstaking pride in the food we serve and the menu preparation so that your child is receiving a well balanced, nutritious and great tasting meal. Having made over 3,500,000 meals over the last 18 years for the communities within Contra Costa, Alameda and Solano Counties, we are full prepared for school lunches for your child. We have always prided ourselves in providing the best quality foods at a reasonable price.

**Register Your Child** The registration process is relatively simple. Go online to [www.f4tc.com](http://www.f4tc.com) Click on "create a new account" and follow the instructions. Then proceed to the menu you wish to purchase from and place the order. When done go to checkout and that's it. From there we take care of the rest.

## Grades pre JK-8 SCHOOL CODE IS: Aurora

**ALL USERS MUST SIGN UP WITH THE ONLINE SOFTWARE!!!**

Please go to

[www.f4tc.com](http://www.f4tc.com)

Click on New Account if you are a new account

Click on Place an Order if you already have an account

Complete all the new user information

Make a note of the email address and password your use.

Your Secret question is for password retrieval

### **ADDING STUDENTS**

Sign in at [www.f4tc.com](http://www.f4tc.com) and then Select Profile Tab button

Click on Add Student information

You will need to know your School Code It is listed above is big letters

### **ORDERING LUNCH**

Select Order Tab

Select your Student from the Student drop down

Check items your wish you to order. Click on proceed to check out to pay for your order.

**Let's Eat** Our diverse menu allows you as parents to purchase a wide variety of lunches each day. These meals have been chosen for their low fat, high protein content as well as their appeal to children's taste. Everything is prepared daily and portions are controlled so that there is always enough for everyone. Because all our food is made just before they are served daily, lunches are always served at their peak best.

You can order anytime throughout the month up to 9pm of the night before the lunch desired. We must have planning time and allow our chefs to prepare fresh meals. We use only fresh organic produce and all lunches are prepared from scratch. We never use frozen food. Made just the way Mom made them for you when you were a child.

**Food Allergies** We are sensitive to the special needs of children with life threatening food allergies. No tree nut (e.g. walnuts, almonds, cashews, pine nuts, etc.) or peanut products (including butters or oils) are used in our lunches. We are so adamant about this that they aren't even allowed in our facilities.

**Questions or Comments** Please call us at (925) 876-3150 or send us an email at [michael@f4tc.com](mailto:michael@f4tc.com) if you have any questions or comments.