

## **NOTES FROM THE SCHOOL KITCHEN**

No soda is allowed in the lunchroom. If food is brought in from an outside source, make sure the drink included is milk, juice or water.

Free and reduced lunch forms were mailed out before the start of school. If you did not get a form and would like one, please pick one up either in the turnstile of the school entryway or the kitchen. If you were eligible for free and reduced lunches at Zion last school year, that eligibility expires September 30, 2016 and a new form must be submitted by that date.

We offer an opportunity to volunteer in the lunchroom if you are interested. Duties include serving condiments, wiping tables, and helping the students when needed. The time is from 10:55 to 12:05 (lunch periods for Preschool thru 4<sup>th</sup> grade). Younger siblings are welcome!