



Boston Prep School District

Dear Parent or Guardian:

The 2023-24 school year is upon us, and Fresh Picks Café is pleased to once again manage your school's Food Service Program. Fresh Picks Café is a locally owned and operated company dedicated to serving delicious, wholesome, quality meals that meet the latest nutritional guidelines. As a refresher, here are some of the features your children enjoy through your district's partnership with Fresh Picks Café:

1.) Menus:

We offer online, interactive menus through ISITE. You have the option to download the "Web Menus by Isite" app to your mobile device and check your student's menu choices daily! Ingredients, allergen and nutritional data for all items served can be viewed from this app. Interactive menus are also available online and can be viewed and printed from your school district's nutrition website.

Download the app today!

App Store:



Google Play:



Boston Prep has the following stations offering a variety of daily lunch choices. **Signature Picks** features homemade buffet style and made to order entrees; **Market Fresh**, features a daily selection of Entrée Salads, Bento Boxes, and Parfaits; **Express Picks** offers Hot "Grab and Go" Sandwiches and pizza and **Tu Manera** serves made to order Mexican entrees.

The cafeterias will also be open prior to school each day to provide a **complete nutritious breakfast** featuring a wide range of hot and cold breakfast meal options. All breakfasts are accompanied by a variety of fruit selections to enable students choose a full, healthy meal to start their day.

2.) Community Eligibility Provision Boston Prep participates in the USDA's Community Eligibility Provision program, which allows us to provide a breakfast and a lunch to every student each day at no charge.

3.) Student Allergy / Special Needs Identification: If your student has a medically documented food allergy or special need when it comes to food, your food service director will work closely with the school nurse and other personnel to ensure that your child's specific needs are met. Please visit the allergens page on your school district's nutrition website to learn how to access allergen information online and/or to contact the Fresh Picks Café Dietitian Team.

Nutrition Website!

Our food service program now has a nutrition website loaded with information about our program as well as our interactive, online menus. Visit our website for:

- Menus – including allergen and nutritional information
- "New in the Café" special events and promotions
- Information on managing your student's food service account
- Contact information for our managers and dietitians
- Alerts and notices about any changes to the food service program
- And so much more!



Visit the website!

<http://bostonprep.linqnutrition.com>

Boston Prep School District Food Service Director:
Taryn Hatch 617-333-6688 Bostonprep@freshpickscafe.com

This institution is an equal opportunity provider.