

Dear Morningside families,

We are thrilled to be your school's hot lunch partner for the 2023-2024 school year. At Green Sprouts Food, it is our passion to bring nutritious comfort food from around the world to your student's lunch table. We recognize the important role lunch plays in your student's social and academic life. Our goal is for your student to have an enjoyable lunch time with their friends while you get to enjoy an extra 20 minutes of morning coffee!

As a school lunch specialist, we make sure that all of our menu items are age appropriate. Not only do we eliminate most of the common allergens in the ingredients we use, we source all of our fresh produce only from reputable vendors, such as Charlie's Produce. It is also important to note that the food containers we use are eco-friendly and 100% compostable.

Because we understand the importance of having options to meet students' various dietary needs as well as families' different lifestyles, we make lunch ordering simple! You can order as little as a couple of lunches for the month or let us take care of the entire month (sorry, school days only)!

Without further ado, here is how to set up a lunch account along with a few important notes:

- To set up a free lunch account, go to <https://gsf.ahotlunch.com/p/register>, you can have multiple students in one family account.
- Your school specific code is MSA.
- Lunch menu is posted on the 20<sup>th</sup> for the following month. **Ordering deadline is on the 25<sup>th</sup>**. Email reminders will be sent on the 20<sup>th</sup> for families with a lunch account. If you plan on ordering lunch regularly, we encourage you to set up a monthly reminder in your calendar. You can find our current lunch menu [here](#).
- Every meal offers **regular, vegetarian, gluten-free** and **dairy-free** options.
- 2 portion sizes to choose from: the **regular-size (12oz)** is recommended for preschoolers – 2<sup>nd</sup> graders and the **large-size (16oz)** is suggested for 3<sup>rd</sup> graders and up.

If you have any questions or comments, please email [info@greensproutsfood.com](mailto:info@greensproutsfood.com). For immediate assistance, please call 206-856-5656.

Thank you and we look forward to working with your family!

Sincerely,

Green Sprouts Food Team