



St. Albert Nutrition Services Mary Queen of Peace School Cafeteria – Gramont Campus

Dear Parents & Students,

The link between nutrition and academic performance is well documented. Proper nutrition and healthy eating patterns are essential for students to achieve their academic potential, obtain physical and mental growth and develop lifelong health and well being. Your school cafeteria is committed to the wellness of your students. Below are some nutritional sites for your children and our own nutritional newspaper found on the Cafeteria Website.

Websites for Nutrition:

www.kidnetic.com

www.fueluptoplay.com

www.nflrush.com

www.nationaldairyCouncil.org



2010-2011

Our school is still on Provision 2, which means each student may receive a free breakfast, and a free lunch each day. No applications needed this year.

☺ Posted on your menu, the children will have a choice of the main entrée each day. Breakfast will also be on the monthly menu.

☺ For the Peanut allergy students – please watch menu for the “peanut man”. 

Please feel free to contact Dianne Jordan, your Cafeteria Manager at 268-4124.

(or e-mail djordan@maryqueenofpeace.us She is there to assist you and your children at any time.