

# Parent Lunch Program

The Parent Lunch is one of the “traditions” at the Waldorf High School. Once a week, parents have provided lunch-most times homemade and hot-on the day the school has designated for all the students to stay on campus for club activities or other special lunch time events. (Other days of the week upper class students are permitted to go off campus on certain days) The current day for this to occur is Tuesday.

Parents started this tradition for several reasons:

- To offer food at lunchtime for students on a day when they were all there and had no other access to buying food. For the Freshmen, it was one day they could count on buying lunch at school
- To fund raise for the Parent Council and the student activity fund. These funds help support parent programs such as Parent Education lectures, workshops and educational materials and student programs such as cultural trips (opera, ballet, plays), Club activities (Model UN, Drama Club Productions) lecture series, community service projects and sports program enhancements.
- To have the opportunity to interact with students during the school day and to have the opportunity to do something special for the students and faculty. Although teenagers often do not want their parents around, they always love seeing the parents on parent lunch day! Feeding your teenager is one form of nurturing that they all still appreciate.

## Provider Guidelines

The kitchen at school is equipped with a large six burner stove, a large oven, a refrigerator and a microwave. We have large pots and pans, roasting pans, salad bowls, serving utensils and cutlery. The school provides biodegradable plates and cups.

Following are details about the lunch itself:

- The typical number of meals served is about 100. There are usually about 20 students who ask for a vegetarian meal.

- The meal usually includes an entrée, a salad or fruit, a dessert and a drink. We need two-three parents to cook an entrée, one to provide salad and one to provide dessert (preferably without hydrogenated oil). If everyone participates, each family will only have to volunteer once or in rare cases twice. Anyone willing to donate drinks in bulk, please drop them off anytime to Bel at the front desk. It will add to our profits if we do not have to supply drinks from our proceeds.
- One medium size serving per student is adequate; seconds are served after everyone is fed. The cost of the lunch is \$5.
- Parents can get reimbursed \$100 for ingredients per meal. Many parents opt to donate all or part of the food. Some donation of food is always necessary since it is practically impossible to feed this many people with \$100.
- Janine Wiedmer, Suzanne Stephanik and Mac Hartley will be there every Tuesday to help get the lunch together and served. It is advisable to have two more servers.
- If you can provide food but cannot serve, Janine and Suzanne should be notified by your class coordinator and we will make other arrangements.
- There are a few places in town that we have located where buying an entrée is affordable if you do not want to cook. (See Suzanne or Janine for resources ) At Rainbow grocery you can purchase salad in boxes (bulk). Ask a worker to get them for you and they will get them from the back. You will get a discount. The cost for two boxes is about \$22 and it will feed 100.
- Some examples of lunches that are popular and doable are as follows: Pasta with almost any kind of sauce, chow mein, curry over rice, focaccia sandwiches, barbequed chicken with potatoes, enchiladas, pasta salad with chicken (room temperature).

If you have questions or need advice, please contact your class coordinator, Janine Wiedmer 415-337-5054 (home) 415-254-1153 (cell) or Suzanne Stephanik at 650-728-7107 (home) 650-302-1004 (cell)

Thank you in advance for making this a fun and successful event for our students and faculty.-Jeanine and Suzanne (Senior Class parents)

