



**WHY IS HEALTHY EATING SO IMPORTANT?** How your child eats today can have a huge impact on their health throughout adolescence and adulthood. Eating foods that contain important nutrients helps children grow and stay healthier. Healthy eating is essential for children's mental and physical development.

This school year, we will continue to prioritize teaching healthy eating habits to our students. We will resume our "Organic Gardening" classes so they can grow their own fruits & veggies and learn hands-on. We will also be showing them why eating "junk foods" is not good for them. In order to achieve our goals, we need Parents to assist us by not buying them foods or drinks that are loaded with sugar, filled with unhealthy fats or artificial ingredients, including preservatives and additives, and foods that are nutrition-deficient. We will therefore not be allowing any sugary soft drinks or deliveries from McDonald's or Burger King this year. Deliveries will ONLY be accepted from the restaurants indicated below.

*Click on these links for valuable information:*  
[THE IMPORTANCE OF CHILD NUTRITION](#)  
[HEALTHY DIET FACTS FOR KIDS](#)  
[KIDS NUTRITION](#)

## **KINDER THRU 8TH GRADE LUNCH OPTIONS FOR 2022/2023:**

### **Option 1. LUNCH FROM "EL RINCONCITO LATINO"**

Order lunch from "El Rinconcito Latino" through Highpoint.

(Orders are from the 12899 S.W. 42nd Street location)

Lunch will be individually packaged with child's name/grade and given to the students prior to their lunch time. The Special Menu created for Highpoint students for **only \$7.50 per day** will include hot balanced meals. Advance payments must be made directly to Highpoint Academy each month; (see below.)

### **Option 2. RESTAURANT DELIVERIES**

Order lunch directly from the following approved restaurants and have their lunch delivered daily with label that includes name/grade between the hours of 11:00 a.m. and 12:00 Noon. Click links to access their Menus:

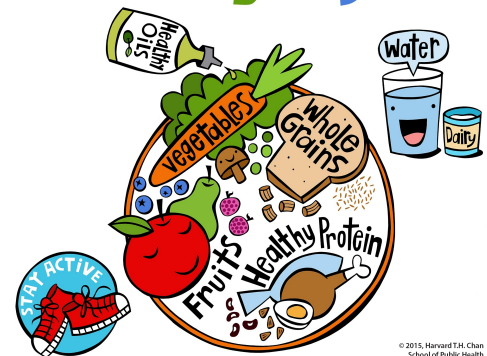
- [Chicken Kitchen](#)
- [Pollo Tropical](#)
- [Diced](#)
- [Aguacate](#)
- [Smoothie Spot](#)
- [El Rinconcito Latino](#)

**NOTE:** We will not be allowing deliveries from McDonalds or Burger King this year. No soft drinks allowed.

### **Option 3. LUNCH FROM HOME**

Student may bring a healthy balanced lunch from home in a labeled lunchbox or disposable bag. Hot foods must be sent in a Thermos since microwave ovens are not available for use by children; (see below).

## **Kid's Healthy Eating Plate**



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**Highpoint Academy**  
**SCHOOL LUNCH SELECTIONS and ORDER FORM from PARENTS**

Student's Name: \_\_\_\_\_ Grade: \_\_\_\_\_

Please let us know your lunch preference for your child for the 2022/2023 School Year, by selecting one of the following options:

**Option 1. LUNCH FROM "EL RINCONCITO LATINO" from MONDAY thru THURSDAY only.**  
**"Pizza Fridays" are optional and must be ordered separately.**

I understand lunch ordered from "El Rinconcito" must be paid **MONTHLY IN ADVANCE** (before the 30th day of each month) directly to Highpoint. *NO REFUNDS will be given for days absent from school or school closures as a result of natural disasters or quarantine.*

- \_\_\_\_\_ August - \$60.00 (for 10 School Days)
- \_\_\_\_\_ September - \$120.00 (for 16 school days)
- \_\_\_\_\_ October - \$120.00 (for 16 school days)
- \_\_\_\_\_ November - \$105.00 (for 14 school days)
- \_\_\_\_\_ December - \$90.00 (for 12 school days)
- \_\_\_\_\_ January 2022 - \$82.50 (for 11 school days)
- \_\_\_\_\_ February - \$112.50 (15 school days)
- \_\_\_\_\_ March - \$127.50 (for 17 school days)
- \_\_\_\_\_ April - \$90.00 (for 12 school days)
- \_\_\_\_\_ May - \$135.00 (for 18 school days)



- \_\_\_\_\_ Please charge my credit card on file on the 30th day of each month for the amounts stated above.
- \_\_\_\_\_ I'll send check PRIOR to the 30th day of each month to pay the next month in amounts stated above.

**Option 2. RESTAURANT DELIVERIES**

\_\_\_\_\_ I will be ordering lunch directly from the following restaurants to be delivered by UberEats, Door Dash, or other delivery company. Click on links below to access Menu on their websites and/or to place orders directly:

- \_\_\_\_\_ [Chicken Kitchen](#)
- \_\_\_\_\_ [Pollo Tropical](#)
- \_\_\_\_\_ [Diced](#)
- \_\_\_\_\_ [Aguacate](#)
- \_\_\_\_\_ [Smoothie Spot](#)
- \_\_\_\_\_ [El Rinconcito Latino](#)

**NOTE: ALL deliveries must be made between the hours of 11:00 a.m. and 12:00 Noon.**  
**We will not be allowing deliveries from McDonalds or Burger King this year. No soft drinks allowed.**

**Option 3. LUNCH FROM HOME**

\_\_\_\_\_ I will be sending a healthy balanced lunch from home in a lunchbox or disposable bag with my child's name and grade clearly written on the outside. I understand hot foods must be sent in a thermos since microwave ovens are not available for use by children.

\_\_\_\_\_ Lunch will be dropped off daily at the main entrance between hours of 11:00 a.m. and 12:00 Noon by:  
\_\_\_\_\_ parent, family member or friend. \_\_\_\_\_ a delivery driver.

Parent's Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Today's Date: \_\_\_\_\_