

Stratham Memorial School
Nutrition Program
772-5413 x 112
E-mail: tharrington@sau16.org



Permission Form for Extra Purchases

Many of you are aware that there have been substantial changes in the Nutritional Guidelines for Americans. It is with input from the Wellness Committee here at Stratham Memorial School and these significant changes to the Food Pyramid in mind that we are requiring parents/guardians fill out the form below.

As stated in the student handbook and the SMS Nutrition Program pamphlet, students are allowed to purchase one extra entrée (hot dog, pizza, etc.) and/or a drink at lunchtime with parent/guardian permission. There will be no extra purchases at snack and as always students will not be allowed to purchase side items such as chips, fries or ice cream.

Understanding that SMS plays a major role in the health and well being of your children, all students will be allowed and *encouraged* to have "extras" of salads, vegetables and fruits *at no extra charge*.

Don't hesitate to contact the nutrition office if you have any questions.

Permission Form for Extra Purchases

Child's Name _____

Child's Class _____

- () My child has permission to make extra purchases (entrée and/or drink).
- () My child has permission to purchase *extra drinks only*.
- () My child *may not* make extra purchases.

PLEASE make sure to include your child's name and class.
Please return to the Cafeteria