



## **HOT MEAL Program at HONS**

### **Frequently Asked Questions**

**Q: How do families sign up for the hot lunch program?**

A: Families can sign up online via the Harmon Oaks website. The link can be found on the school site. We ask that you also notify us via ProCare immediately after you have signed up online.

**Q: How are families billed?**

A: Families who enroll in the program will be billed via ProCare. The hot lunch will be a line item along with your tuition on your monthly tuition invoice. Please note that for July 2022, the monthly rate will be prorated and will be a separate invoice.

**Q: How will I know if my child is eating the lunch?**

A: Our teachers will give you a good gage if your child is indeed eating the lunch. It is our experience that children absolutely love being engaged and discovering what's for lunch, and in turn, enjoying their lunches together. We always encourage children to at least try – the same applies to lunches packed from home as well.

**Q: If I want to cancel my child's hot meal, can I?**

A: No problem! We will require a TWO WEEK notice for cancellation. This gives us ample time to notify our caterer, and to make the necessary administrative changes to billing as well for the following month.

**Q: How much sugar is used in preparation?**

A: Minimal, and only when an ingredient calls for it. If it is needed, typically honey, agave, palm sugar, and organic Costco Cane Sugar is used.

**Q: Is any of the meat used precooked?**

A: No precooked meat. Meat is cooked fresh daily.

**Q: Do you use antibiotic/hormone free meat?**

A: Hormone free and steroid free chicken and beef will typically be used.

**Q: What kind of dressing do you use for salads?**

A: Most of the dressing is homemade. Typically olive oil, lemon, Himalayan salt, and pepper is used for dressings. If ranch or Thousand Island is used, it will be the Ken's brand of dressings. The preference is always to make the dressings homemade (fresh in the morning). Pomegranate/basil/mint dressing will be used as well. All the Ken brand and homemade dressings are gluten free.

**Q: How much salt is used in preparation?**

A: Salt is used sparingly. If used, Himalayan or sea salt is used.

**Q: Are vegetables canned, frozen or usually FRESH?**

A: Fresh vegetables are used for all vegetable sides. Occasionally, for the pasta sauce a minimal amount of tomato puree is from a BPA free can. For fried rice, frozen peas and carrots are used.

**Q: If vegetables are not organic, how will they be washed?**

A: A fruit and vegetable wash is used to wash off fruits and vegetables prior to preparation.

**Q: Are all meals prepared fresh daily?**

A: All food is prepared fresh daily – not in advance and not frozen.

**Q: Is white or wheat bread used?**

A: Only whole wheat bread is used. In case there is a little one with gluten allergies, a separate bread/pasta, etc. can be used. The fee will be different. Please inquire separately if your child has gluten allergies.

**Q: Are the meals nut free to ensure safety for little ones with allergies?**

A: They are not nut free. Sometimes, dressings may contain nut. If a child has an allergy, we can accommodate.

**Q: Is there a gluten free option for those who can't have gluten?**

A: There can be! The price will be different due to cost in ingredients and caterer not being able to buy items in bulk. Please inquire separately if you need this option.

**Q Will the meals be bite sized or will they need to be cut up?**

A: At Harmon Oaks we do feel it is appropriate for children to problem solve, cut, bite, chew etc typical sized foods. For our toddlers in the Seedlet program we will of course help, guide and make sure our littles feel supported but also confident in eating. Self-help skills is an important area of development we work on intentionally each day, this skill area includes eating.

**Q: Who runs the catering company?**

A: The catering company we have chosen is owned by a Harmon Oaks alumna and existing NoHo West family. They have been in the industry for quite some time. Our caterer is a mother with a passion for healthy, fresh, clean prepared meals for children. Her food prep is a labor of love daily and she delivers the meals herself to both locations right before lunch. We appreciate her philosophy and love for real, whole ingredients and absolutely love partnering with her company.