



August 12, 2020

Dear Escuela Families,

Coming from The Harwood Café: Fresh every day, delicious, wholesome food lovingly and expertly prepared for our Escuela students!

While we can't offer a total respite from the stresses of the day, Escuela del Sol is able and willing to offer you, the families that have and continue to stand by us in support of good health and great education, a bit of relief from the tyranny of snacks and packing lunches. Here's a story from the past with relevance to the present: When my two daughters were in the Primary classrooms, we parents took turns providing snack for the class, much as we've done for the years since. Every time it was my turn to be that classroom snack provider, the teachers would meet me at the gate in the morning to give me the reminder, knowing that nine times out of ten I would forget to bring snack! Oh, if only we had the Harwood Café with Mr. Ramon and Mr. Michael back then, what I would've given!

This is, perhaps, one silver lining to the pandemic: it's easier and safer for food to come from our own commercially licensed kitchen than to have food brought in from all of you. An added bonus: the children seem to eat better when everyone is served the same food. At the same time, I do know that not everyone shares my excitement, especially when it comes to lunches. This is what Escuela will offer:

SNACK: Escuela will provide wholesome snacks to every student every day:

Some of the snacks on the menu for next week include: bananas, hard-boiled eggs, fruit, cheese, mini muffins (baked in our kitchen), mini egg burritos, mixed veggies, a variety of fruits (apples, watermelon, etc.)

Price for snack: \$0 ... this will be included in your tuition

LUNCH: The lunch menu for next week (to give you an idea of what is served) includes:

Monday: Turkey and Cheese Sandwich w/ chips, fruit and veggies

Tuesday: Bean and Cheese Burrito, Fruit and veggies

Wednesday: "Lunchable" rolled turkey, cheese cubes, crackers, fruit and veggies

Thursday: Penne Pasta w. Marinara, garlic bread, fruit and veggies

Friday: Cheese Pizza, fruit and veggies

Price: \$45 / month if a monthly commitment is made in advance
(that's about \$2.25/day).

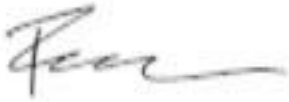
\$5.00 / day if you'd like to choose daily.

ALLERGIES / SPECIAL DIETS: The Café is very good at accommodating dietary restrictions. If you have questions, please email the Café via office@edelsol.org.

We are SO excited to get school started! We look forward to seeing your children soon!

Here's to the wonderful part of 2020,

I am gratefully on your team!



Friedje vanGils
Executive Director
Head of School

