

## **SALAD BAR PROGRAM AT MARK ISFELD!**

All right, everyone, after several months of work and planning and generous grants from the Rotary Club of Comox, the Comox Valley Community Foundation and Farm 2 School, Mark Isfeld's Salad Bar Program is up and running. We are starting first with our test run on January 31, 2019 for teachers, staff and administration only. Ordering is open now only for teachers, admin, staff until Sunday evening (6pm), January 27<sup>th</sup>, for the Jan 31<sup>st</sup> salad bar service.

Regular once-a-week service will begin on February 21, 2019 and will expand to include all students along with teachers, staff and administration. Ordering for the expanded service will open on February 1 and you will be able to order until Feb 17<sup>th</sup> for the Salad Bar for each Thursday between February 21 and March 14. Ordering for the Spring salad bar session will be available in March.

### **SALAD BAR**

Each week the salad bar will offer a wide assortment of veggies PLUS at least two protein options (eggs, cheese, seeds, beans) PLUS one carbohydrate (either whole grain buns, pita, wraps, noodles, taco chips, or potatoes) PLUS delicious homemade salad dressings. Our meal themes, like Mexican and Asian, vary from week to week so the protein and carbohydrate options are a surprise. The meal is a bargain at \$4.00!

If your child has a gluten sensitivity/intolerance and you would like them to have a gluten free carbohydrate option you MUST email the Salad Bar Team at [Isfeldsaladbar@gmail.com](mailto:Isfeldsaladbar@gmail.com) in advance, when you complete your ordering so we can plan accordingly. Please note the kitchen is NOT an allergy free zone or gluten-free kitchen.

#### **Payment Process:**

To simplify the payment process, we are using a Paypal-only payment system (either through your Paypal account or via credit card through Paypal). Paypal payments may be processed through your own account or as an Isfeld Salad Bar Visitor.

## HOW TO ORDER

Please go to: <https://markisfeld.hotlunches.net>

- Click on “click here to register” (under the login boxes)
- Enter the ACCESS CODE: ISFELD
- Add your name and info
- Click on Students, and add each child/student name (if more than one student, click on insert new for each one)
- Go to Manage Orders, click on salad bar and enter 1 in box for any date offered you want
- Click on “Pay with Paypal”; you will have option to pay directly via Paypal if you have a Paypal account, or via credit card

The Salad Bar program is a volunteer-run program designed for in-school service on the designated Thursdays. If a student orders, but is absent on the day of service, we are unfortunately not in a position to offer refunds.

If you have any questions or problems, please email: [IsfeldSaladBar@gmail.com](mailto:IsfeldSaladBar@gmail.com)

## VOLUNTEERS NEEDED

The Mark Isfeld Salad Bar Program benefits your children and cannot run without volunteers. It is a great way to be part of the school community and get to know students, staff and other parents.

If you are interested in volunteering to help with the Salad Bar, please email [IsfeldSaladBar@gmail.com](mailto:IsfeldSaladBar@gmail.com). (Volunteers don't have to make a long-term commitment – even once a month would be a great help.)

Thanks for your support of Isfeld and the first Salad Bar in the Comox Valley for high school teachers and students!

**Sean Lamoureux**

Principal – Mark Isfeld Secondary