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January 2012

To whom it may concern,

I have attentively reviewed the current lunch and snack menus prepared by M. Halpert Catering Limited. These menus provide optimum nutrition and are appropriate choices for children.

The highlights of this menu include fun choices, variety, use of whole foods and fresh ingredients. There is a 4 week rotational plan that allows the children to get good nutrition from a variety of sources.

Meals are consistent in the fact that they all include *at least* one fruit and one vegetable serving, one grain serving (usually a whole grain), one dairy product and a serving of lean meat or an alternate protein source.

This menu provides nutritious options for children to have energy to learn and participate in school and is a big step in the right direction of caring for our children and educating them in healthy food choices.

Jordan Ungerman RHN

A handwritten signature in blue ink, appearing to read 'J. Ungerman', with a long horizontal flourish extending to the right.