



Dining Guide

2023-24



lexington
independents

NURTURING
APPETITES

AT

Collegiate School

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Updates on Dining

Lexington Independents is excited to launch its 14th year at The Collegiate School beginning fall 2024.

Our mission is not just to provide great food, but to build community through food. Sharing a meal together is more than food on a plate. It's about nourishing students as they participate in experiences that will help shape their futures along side the faculty and staff who guide them.

New for fall 2024 will be the same great variety students have come to love plus a few new options inspired by student requests. Students enjoy being able to customize their food, and we are excited to launch new build your own menu days and new toppings bars that coincide to new and existing menu offerings.

Thank you for letting us fuel the minds that can change the world.

Sincerely,

Myra Edwards
Food Service Director





Healthy eating patterns are essential for students to achieve their full academic potential, complete physical and mental growth and lifelong health and well-being. Lexington's BeWell wellness approach has been designed to support nutrition education within schools.

BeWell offers a behavior-based, nudging approach and nutritious recipes that help students make the best food decisions to fuel them throughout the day and build lifelong, healthy eating habits. When students see the blueberry icon on the menu, they will know it is part of the BeWell program.

BeWell Menu Options include three out of five:

- Plant based
- Healthy fat
- Lean or plant-based protein
- Limited added sugar
- High fiber or probiotic diet

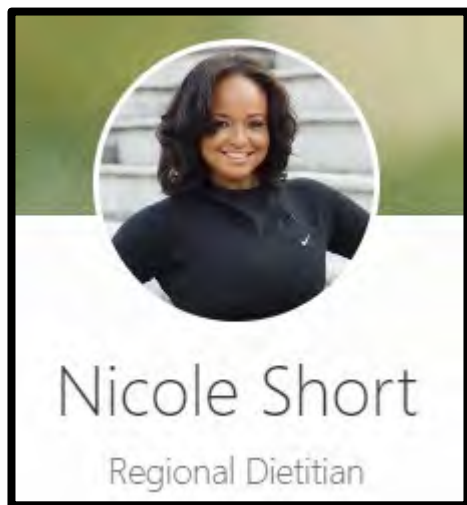
BeWell Recipes will always:

- Be trans fat free
- Use minimally processed ingredients
- Be mindful of added sodium and portion size

Online menus and digital monitors provide accurate and clear dish guidance for effortless food selection.

Menus and nutritional information can be found online at: collegiate.edudine.com





Food Allergies & Special Dietary Needs

Lexington Independents and their Registered Dietitian, Nicole Short MS, RDN, LDN works with parents, our school nurse, teachers and health care providers to help manage students' food allergies and special diets.

While they strive to label foods and know the ingredients included in all of the foods provided, there is not a guarantee that any one product is free of a certain allergen.

Lexington can work to decrease risk by:

- ✓ Working with physicians or qualified nutritional specialists to manage dietary substitutions.
- ✓ Reviewing menus with parents of students who have food allergies to determine what, if any, menu items need to be substituted.
- ✓ Knowing where emergency medications are stored and knowing how they should be administered if a student has an allergic reaction.

Please feel free to read the School's Food Allergy Management Guidelines, which can be found by logging in to the PawNet on Collegiate's website and clicking on the Health and Counseling Resource Board.

our Food Service Heros



Myra Edwards, Food Service Director

Collegiate is so fortunate to have Myra Edwards as its Food Service Director. Myra's attention to detail and laser focus on our students ensures her departments' continuous improvement.

Myra grew up in the Highlands of Scotland and began her culinary career in London. She moved to the United States in 1996 and has worked for several schools in the Ohio Valley before joining Collegiate in 2016, where she served as the Lower School Food Service Manager. Myra happily returned to Collegiate in 2021 as our Food Service Director.

Myra is certified as a food safety manager, a safe proctor and safe in allergens under ServSafe by the National Restaurant Association.



Matt Crofts, Chef Manager

Matt is a native of the Richmond area, and even attended basketball camp at Collegiate when he was young.

After high school, Matt attended and graduated with honors from The Culinary Institute of America in Hyde Park, NY. He then returned to Richmond and worked in Country Clubs around the area including Westwood Club, Hermitage and Willow Oaks.

When away from work, Matt enjoys spending time on the water fishing and boating with his wife, Erin, and their one-year-old daughter Chesney.

Matt joined Collegiate in March 2022 as the Food Service Directors right hand man, where he manages the day-to-day operations at the Lower School.



Joel Shapiro, Executive Chef

Joel Shapiro is originally from Richmond and returned here in 2011 after finishing culinary school. He is a 10-year veteran of various Richmond restaurants such as Max's on Broad, Southbound, Shagbark and Perch.

Joel decided to leave the restaurant life to have a schedule that works better for spending time with his wife and two dogs, and that also affords him time to travel when the School is closed throughout the academic year.

Joel has been the Executive Chef of the Middle and Upper Schools since April 2022, and he has plans to stay for a very long time.

Lower School Dining Program

Students, Faculty and Staff at the Lower School enjoy all-you-care-to-eat dining during lunch each day in Centennial Hall.

Centennial Hall Lunch Service
Monday-Friday
10:40 a.m.-1:30 p.m.

Students can expect the following options from which to choose each day:

- Hot Lunch Menu Item w/complimentary sides
- 3 Varieties of Deli Sandwiches
- 2 Soups-Chicken Noodle daily
- 3 Fresh Cut Seasonal Fruits
- 4 Varieties of Yogurt
- 3 Chilled Vegetable Snack Cups
- Seasonal Side Salad & dressings
- 1% Milk and Skim Milk
- Dessert featured on Wednesdays and Fridays

Middle & Upper School

Students, Faculty and Staff at the Middle and Upper School enjoy all-you-care-to-eat dining during lunch each day in McFall Hall.

Convenience and speed of service are a top priority for students. Beginning in fall 2023 we will reconfigure our menu items so that each station is identical so to maintain our great variety and service students much faster.

McFall Hall Lunch Service

Monday-Friday 11 a.m.-1:45 p.m.

Students can expect the following each day:

- Full salad bar featuring two proteins, i.e.: grilled chicken, hard boiled eggs, tuna, composed salads, fresh cut fruits, berries, yogurts, hummus and guacamole
- Two Hot Lunch Menu Items w/complimentary sides and/or toppings bar
- Pizza-two varieties and Pasta-M, W and F
- BTO-Build Your Own Grill Favorites-T and TH
- Deli Sandwiches-three varieties
- Soup/Day, Crackers
- Fat Free Chocolate Milk
- Assortment of Vitamin Enhanced Waters
- Dessert featured on Wednesdays and Fridays



Dining Plans | 2023-24

DINING PLAN	AVG. MEALS PER WEEK	SINGLE PAYMENT	9 MONTHLY PAYMENTS
Lower School 3 Day Plan	3	\$755.00	\$84.00
Lower School 5 Day Plan	5	\$1081.00*	\$122.55
Lower School Daily Rate		\$7.80 per day	
MS/US 5 Day Plan	5	\$1,370.00*	\$158.55
Upper School 5 Day Plus Plan	Unlimited during any lunch period	\$1,668.00*	\$193.00
MS/US School Daily Rate		\$10.44 per day	

*Single payment price includes a 5% discount.

To sign up or ask questions about our dining plans you may contact Heidi Benson at: heidi_benson@collegiate-va.org.

Note: Except for the Upper School PLUS plan, rates are for eating during one lunch period only. If your child eats in more than one period and is not on the PLUS plan, your account will be billed at the daily rate for each additional lunch period.



Estes Student Center Café

Located in the Sharp Academic Commons, Estes Student Center Café is open for breakfast, lunch and afternoon snacks. This past year The Café added milkshakes, Tractor slushies and an expanded range of gluten-dairy-nut free snacks such as Berg bars, Bobo bites & Deep River Chips.

Our fruit smoothie bar and yogurt parfaits are still very popular. Student favorites include breakfast pizza, breakfast sandwiches and fresh baked Cupertino's Bagels. Fruit/cheese/nut combo packs ensure our busy students can "snack well."

The Estes Student Center Café is open Monday-Friday, 7:30 a.m.-2 p.m.



After-School Snack Bar

The after-school snack bar in McFall Hall offers students a variety of drinks and bagged snacks to stay engaged through the rest of their day.

PB & J sandwiches, protein power packs and granola bars all support athletes and after-school students to stay fueled.

Ice cream novelties and drinkable smoothies are the popular favorites.

The McFall Hall Snack Bar is open Monday-Friday 3-4 p.m.

Monotony Breakers and Special Events



Fall/Winter 2023

National Guacamole Day
Annual Apple Festival
Oktoberfest
National Chili Month Cookoff
Halloween Candy Grab
Campfire S'mores & Hot Cocoa
Thanksgiving Feast
Christmas Holiday Lunch

Spring 2024

Chinese New Year
Valentine's Day Crush
Mardi Gras-Fat Tuesday
St. Patrick's Day
National Grilled Cheese Day
Easter Brunch
Cinco De Mayo
Student Appreciation Day | Beach Party



Connect With Us

collegiate.edudine.com

Myra Edwards

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