



DINING GUIDE

2025-26

lexington
independents

— AT —

Collegiate School

YOUR DINING PROGRAM

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DINING UPDATES

Lexington Independents is excited to launch its 16th year at Collegiate School beginning Fall 2025. We thoughtfully plan every step of the dining journey – from menu development, sourcing, and preparation to our students' enjoyment and well-being.

We never stop learning. Our team has built a culture of collaboration, and this year we received a tremendous amount of insights from students on our Spring Surveys.

Students would like to see fewer complex dishes and more simply prepared regional favorites. Therefore, with this as our key focus, we are currently constructing our new fall menu to deliver on that request.

Food has the immense power to bring people together. We celebrate the expanse of all cultures and flavors, aiming to craft your child's dining experience with intention and joy.

Thank you for entrusting us to feed and nourish your student, who is so precious to you.

Sincerely,

Myra Edwards
Food Service Director

Myra Edwards

Food Service Director



FOOD ALLERGIES & SPECIAL DIETARY NEEDS



NICOLE SHORT

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.



YOUR DINING TEAM

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 CROTTS



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 two-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.

Monday-Friday 11 a.m. to 1:30 p.m.

Students can expect the following each day:

- 2 hot entrées (1 option vegan or vegetarian) with w/complimentary side items & vegetables
- 3 varieties of deli sandwiches using fresh-baked breads from a new local bakery
- 2 homemade soups--chicken noodle daily
- 3 choices fresh cut seasonal fruits
- 3 varieties of low-fat & Greek yogurt cups with new house-made granola
- 3 choices of chilled vegetable snack cups
- seasonal side salad & choice of dressing
- 1% milk & skim milk



MIDDLE & UPPER SCHOOL DINING PROGRAM

Students, faculty, and staff at the middle and upper school enjoy all-you-care-to-eat dining during lunch each day in McFall Hall.

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

Students can expect the following each day:

- 2 comprehensive salad bars
- 3 hot entrées (1 option vegan or vegetarian) with w/complimentary side items & vegetables
- 2 varieties of pizza and – **M & W & F**
- Italian panini bar /Grill Bar – **T & TH**
- build your deli bar with NEW fresh artisanal breads with individually wrapped gluten-free breads & rolls
- Homemade soup - changes daily
- Vitamin enhanced waters & fat-free chocolate milk



DINING PLANS 2025-26

DINING PLAN	AVG. MEALS PER WEEK	SINGLE* PAYMENT	9 MONTHLY PAYMENTS
Lower School 3 Day Plan	3	\$812.00	\$90.23
Lower School 5 Day Plan	5	\$1147.00	\$130.00
Lower School Daily Rate		\$8.00 per day	
MS/US 5 Day Plan	5	\$1453.00	\$161.44
MS/US School Daily Rate		\$ 11.00 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.



ESTES STUDENT CENTER CAFÉ

Located in the Sharp Academic Commons,
Estes Student Center Café is open for breakfast,
lunch, and afternoon snacks.

NEW FOR FALL 2025

This year we are excited to announce a new
partnership at the Este's cafe with
Ecogrounds. With sustainably harvested
coffees, all natural ingredients and 100%
recycled and recyclable packaging Ecogrounds
will support us in achieving our sustainability
goals.

Our new beverage menu will highlight new
barista beverages, teas, smoothies & refreshers.

We are also very excited about our all-new
Farmhouse breakfast menu including breakfast
sandwiches, overnight oats & fresh-baked
pastries from Flour Garden Bakery &
Cupertino's NY Bagels.

The Estes Student Center Café is open

Monday-Friday 7:45 a.m. to 3 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.

NEW FOR FALL 2025

Homemade grab & go wrap sandwiches

Brand-name protein bars

Fresh fruit cups & whole fresh fruit

PB & J sandwiches, power bars & sports drinks all support athletes and after-school students to stay fueled.

Ice cream novelties and drinkable smoothies are popular favorites.

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



THEME MEALS & SPECIAL EVENTS

FALL SEMESTER 2025

End of Summer Carnival – August 29th

Halloween Spirit Lunch – October 31st

Thanksgiving Harvest Meal – November 19th & 20th

Winter Holiday Celebration– December 17th & 18th

Each Month We Also Feature National “Food Holidays”



THEME MEALS & SPECIAL EVENTS

SPRING 2026

Super Bowl Pre-Game – February 4th

Mardi Gras - Fat Tuesday – March 3rd

Outdoor Picnic – April 24th

Annual Student Appreciation Beach Party – TBD



CONNECT WITH US

MYRA EDWARDS

Collegiate's Food Service Director

Lexington Independents

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NICOLE SHORT

Regional Dietitian

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AT COLLEGIATE

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SCAN
THE QR CODE
TO SEE
DAILY MENUS
MEAL PLANS
AND
UPCOMING
EVENTS!



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MURTURING APPETITES

AT

Collegiate School