

Kittatinny Regional High School



Maschio's Food Services, Inc.

1st Day of Service:
September 5, 2017

School Food Service Information 2017-2018

"HEALTHY MEALS GROW HEALTHY KIDS"

Your child's school day just got healthier! School lunches now include more fruits, vegetables, and whole grain-rich foods; only fat-free or low-fat milk; "right-sized" meals with portions designed for a child's age; and less saturated fat, sodium and zero trans fat.

Here are some important facts about the new school meals:

- The school lunch is comprised of nutrient-dense, age-appropriate meals.
- Some highly active students, like athletes, may need more calories. Some schools may offer second helpings of food components a-la-carte.
- School meals are now required to meet the following sodium targets:

Grade	Lunch
K-5	≤1,230mg
6-8	≤1,360mg
9-12	≤1,420mg



- The new **Smart Snacks in School** rules set limits on calories, fats, sugar and sodium and encourage the consumption of dairy, whole grains, protein, fruits and vegetables. No "empty calorie" foods will be offered a la carte. Please see the current year's price list on your website for pricing and selections.
- Your child can learn good habits for life by making healthy food choices and engaging in proper physical activity now. The past two years have been transition years as schools implement child nutrition standards and work together with parents, to ensure that every child, in every community across America, has access to healthy and nutritious meals. Encourage them to try new foods and choose the healthy food offered. Reinforce healthy eating by offering similar new foods at home.

Keep updated on the changes at www.fns.usda.gov/healthierschoolday.

MEAL PRICES/PAYMENT

Student Lunch \$2.85
Reduced Lunch: \$0.40
Adult Lunch: \$3.15

Cash, Check and online payments are accepted for meals.

10 for \$28.50 / 20 for \$57.00

Please make checks payable to:

Kittatinny High School

Board of Education

Please see the school charging policy on line.

FREE/REDUCED MEALS

Parents may apply at any time during the school year for Free or Reduced meals. Contact your school board office for an application or online on the district website.

CONTACT INFORMATION

If you have any questions, suggestions, or concerns please contact the Cafeteria Manager, **Kathy Matlock** at 973-383-1800 Ext. 1470

Please visit your school website for our monthly menus, price lists, cafeteria connection newsletters and updates.

We greatly appreciate your cooperation and look forward to a great year!



LUNCH

All meals include:
Grains/Breads*
Meat/Meat Alternate
Fruit
Vegetables
Refreshing Milk



Students must choose at least **3** of the 5 Components— Make sure **1** is a Fruit or Vegetable!

*Whole-Grain Rich