

School Food Service Information

South Hunterdon High School South Hunterdon Regional School District



The School Day Just Got Healthier!

You may have heard that changes are coming to the National School Lunch Program. Rest assured that school lunches will continue to include a wide variety of fruits, vegetables, and whole grain-rich foods; 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 school meals:

- The school breakfast and lunch are comprised of nutrient-dense, age-appropriate meals.
- Some highly active students, like athletes, may need more calories. Schools may offer second helpings of meal components including fruits and vegetables a-la-carte.
- School meals are required to meet the following sodium targets, which will remain in effect for the 2017-2018 School Year:

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

Whole Grain Waivers will allow individual districts to select and replace up to five items that students find unfavorable, therefore increasing the acceptability of school meals

The **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.

For more information visit www.fns.usda.gov/healthierschoolday



Lunch
All meals include:
Grains/Breads*
Meat/Meat Alternative
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

Lunch Begins: Sept. 5, 2017

Meal Prices and Payments

Student Lunch \$3.10

Reduced Lunch \$0.40

Adult Lunch: \$3.90

Cash, Check and online payments are accepted for meals.

Pay for meals by signing up with "Payforit.net" to use credit card or ACH transactions coming soon, or with cash, or with a check payable to:

South Hunterdon Regional School District

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 Sandy of Maschio's Food Services at

609-397-1672

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

For nutrition information, please visit:
www.maschiofood.com.

We greatly appreciate your cooperation

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