



School Food Service Information 2015

Healthy Meals Grow Healthy Kids



First Day of Service:

September 8, 2015

Allamuchy Twp Schools

Your child's school day just got healthier! School lunches 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 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 required to meet the following sodium targets:

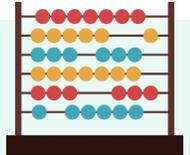
Grade	Lunch
K-5	≤1,230mg
6-8	≤1,360mg
9-12	≤1,420mg



- 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.
- Our staff continues to gain a wealth of knowledge and the tools they need to successfully plan and prepare nutritious, safe and enjoyable school meals through continuing education/training standards set forth for school nutrition professionals.
- Your child can learn good habits for life by making healthy food choices and engaging in proper physical activity now. The past few 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.

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

Meal Prices & Payments



Student Lunch \$2.70

Reduced Lunch \$0.40

Adult Lunch: \$3.20

Cash, Check and online payments are accepted for meals.

Cash or Check

10 Meals \$27.00

20 Meals \$54.00

Make Checks payable to Allamuchy Twp School

OR

For online payments, visit

aes.k12.nj.us

Parent Portal

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.



Lunch Meal

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



Contact Information

If you have any questions, suggestions, or concerns please contact Mrs. Satkowski in the Cafeteria

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 and look forward to a great year!



Maschio's is now on Facebook! Check out all of the fun and healthy things going on in our cafeterias. Visit us at www.facebook.com/MaschiosFoodServices