

# School Food Service Information

## 2016-2017 School Year



### Blairstown Elementary School



## The School Day Just Got Healthier!

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 breakfast and lunch are 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	Breakfast
K-5	≤1,230mg	≤540mg
6-8	≤1,360mg	≤600mg
9-12	≤1,420mg	≤640mg

- 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](http://www.fns.usda.gov/healthierschoolday)



### Lunch

All meals include:  
 Grains/Breads\*  
 Meat/Meat Alternative  
 Fruit/Juice  
 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. 6, 2016

## Meal Prices and Payments

Student Lunch \$2.75  
 Reduced Lunch \$0.40  
 Adult Lunch: \$3.55

20 Meals \$55.00  
 10 Meals \$27.50  
 5 Meals \$13.75

Cash and Check are accepted for meals.

**Please make checks payable to:  
 Blairstown Elementary School**

**\*\*Please visit your schools website for charge policy information\*\***

## 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 Jo Ann Kulsar of Maschio's Food Services at 973-598-0005 and/or [jkulsar@maschiofood.com](mailto:jkulsar@maschiofood.com)

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

For nutrition information, please visit: [www.maschiofood.com](http://www.maschiofood.com).

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

**Visit us online!**

