



School Food Service Information

2019-2020 School Year



Secaucus Middle School/High School

The School Day Just Got Healthier!

Did you know your child's school lunch includes a wide variety of fruits, vegetables, and whole grain-rich foods; fat-free or low-fat milk; appropriate meal portions designed for a child's age; and less saturated fat, sodium and zero trans fat? We take great pride in being able to offer your children healthier food choices so that they can fuel their bodies to get them through the school day and beyond! 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 2019-2020 School Year:

Grade	Lunch	Breakfast
K-5	≤1,230mg	≤540mg
6-8	≤1,360mg	≤600mg
9-12	≤1,420mg	≤640mg

Whole Grain Flexibility The FNS Child Nutrition Program established flexibilities for whole grains being served in the 2019-2020 school year. This final rule states that half of the weekly grains on the school breakfast and lunch menu be whole grain-rich. Districts will now be able to replace those whole grain items which students have found to be of poor acceptability with an enriched grain product. Maschio's strives to ensure that our whole grain products meet your student's preferences and exceed this guideline.

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:

<https://www.fns.usda.gov/nsip/national-school-lunch-program>

Breakfast Begins: Sept. 4 2019

Lunch Begins: Sept. 9 2019

Meal Prices and Payments

- Student Breakfast \$1.55
- Reduced Breakfast \$0.30
- Adult Breakfast \$2.35
- Student Lunch \$3.10
- Reduced Lunch \$0.40
- Adult Lunch \$3.65

Cash, Check and online payments are accepted for meals and A la Carte purchases. Checks are to made payable to Secaucus Public Schools.

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 Jackie Karwoski of Maschio's Food Services at 207-974-2045.

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!

Breakfast

All meals include:

- Grains/Breads*
- Meat/Meat Alternative
- Fruit / Juice / Vegetable
- Refreshing Milk

Students must choose at least 3 items—
Make sure 1 is a Fruit, Juice, or Vegetable!

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

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