

# What's New in Dining Services

## Altoona Area School District

The **Altoona Area School District (AASD) Cafeterias** are proud to offer meals that are healthy, well balanced, and provide students all the nutrition they need to succeed at school. Now is a great time to encourage your child(ren) to choose school lunch and breakfast!

School meals offer students milk, fruits, vegetables, proteins and grains, and they must meet strict limits on saturated fat and portion size. Below is a summary of some of the requirements of the National School Lunch and Breakfast Programs:

- **Age-appropriate calorie limits**
- **Larger servings of vegetables and fruits (students must take at least one serving)**
- **A wider variety of vegetables, including dark green and red/orange vegetables and beans at lunch**
- **Fat-free or 1% milk (flavored milk will be fat-free)**
- **Increasing whole grains**
- **Reducing the sodium in meals**
- **School breakfast must include a ½ cup serving of fruit to be eligible for the breakfast price**

When possible and available, we are proud to use local produce in our program.

## Leave Your Lunchbox At Home!

Buying lunch at school is a nutritious and healthy option and can help save money.

### AASD Meal Prices

- **Paid lunch price, all grades – \$2.05 (Paid Breakfast \$1.00)**
- **Reduced lunch – \$0.40, if eligible (Reduced breakfast is \$0.30).**
- **Free – if eligible, includes both breakfast and lunch**

### What Makes a School Breakfast?

The Components of a school breakfast are:

1. Whole Grains (2) or WG & Protein
2. Choice of Fruit
3. Choice of Milk

To receive breakfast for the **school breakfast price**, students must select three of the four components and one must be a **fruit**.

### What Makes a School Lunch?

Each day your child will be offered a complete lunch, which includes a serving of:

1. Meat/Meat Alternate
2. Bread
3. Fruit
4. Vegetable
5. Milk

To receive lunch for the **school lunch price**, students must choose at **least three** of the **five** components and **one must be a fruit or vegetable**.

Examples include:

1. Meat/Meat Alternative + Grain/Bread + Vegetable + Milk
2. Meat/Meat Alternative + Grain/Bread + + Vegetable
3. Meat/Meat Alternative + Grain/Bread + Fruit
4. Meat/Meat Alternative + Grain/Bread + Fruit + Vegetable + Milk

Please note that each example includes a fruit or vegetable.



**Free and reduced breakfast/lunch must be applied for at the start of every school year.** Applications are sent home with all elementary students and should be returned to their teacher. Secondary students receive an application in the mail, which should be returned to the Cafeteria Office as soon as possible for processing.

Metz General Manager: Heather Reimer

Phone: 946-8271

Email: [hreimer@asdcatsd.com](mailto:hreimer@asdcatsd.com)

District Website: [www.asdcatsd.com](http://www.asdcatsd.com)