



School Food Service Information

2018-2019

School Year



Arthur L. Johnson High School

The School Day Just Got

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 2018-2019 School Year:

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

More milk options will be made available for those students who wish to have 1% low-fat flavored milk as an option as well as unflavored nonfat or low-fat milk varieties.

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

We are happy to offer delicious and nutritious meals during the school day to your children. Making healthy choices and engaging in proper physical activity is a winning combination for a successful school year!

Lunch Begins: Sept. 6, 2018

Meal Prices and Pay-

- Student Lunch \$3.30
- Reduced Lunch \$0.40
- Adult Lunch: \$4.60

Cash, Check and online payments are accepted for meals.

For online payments, visit www.myschoolbucks.com.

Options for account management include low balance email notification and auto replenishment.

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 Sarah McCormack of Maschio's Food Services at 732-382-0910 and/or smccormack@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.

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



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

Connect with    

**** FREE SUMMER MEALS ****

ATTENTION STUDENTS, PARENTS AND GUARDIANS!

**** FREE SUMMER MEALS ****

The United States Department of Agriculture’s (USDA) **Summer Food Service Program** provides free meals when school is out!

WHO IS ELIGIBLE FOR FREE SUMMER MEALS?

1. Children 18 years of age or younger who come to an approved open site or a site to which they are enrolled.
2. Adults over 18 years of age who are enrolled in school programs for persons with disabilities may also receive meals.
3. At sites that require enrollment, benefits are available only to children who receive free or reduced-price meals at school.

HOW TO LOCATE A SUMMER FOOD SERVICE PROGRAM FEEDING SITE:

To find the closest feeding site near you, text FOOD to 877-877 or Summer Meals to 97779 or visit the USDA site finder website at www.fns.usda.gov/summerfoodrocks

SUMMER MEALS ARE AVAILABLE AT THE FOLLOWING LOCATIONS:

The Summer Food Service Program is authorized by Section 13 of the National School Lunch Act and Child Nutrition Act of 1966 as amended by Public Law 103-448.
USDA is an equal opportunity provider, employer, and lender.

