



School Food Service Information

2018-2019
School Year

Mt Arlington Public Schools

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 2018-2019 School Year:

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

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!

Breakfast Begins: Sept. 6, 2018

Lunch Begins: Sept. 6, 2018

Meal Prices and Payments

Student Breakfast Both Schools: \$1.50
Student Lunch Decker : \$2.75
Student Lunch MAPS : \$3.00

Reduced Breakfast \$0.30 Reduced Lunch \$0.40
Adult Breakfast: 2.25 Adult Lunch: 3.50

Cash, Check and online payments are accepted for Meals and A la carte purchases.
Checks are to be made payable to : Mt Arlington B.O.E

Visit the school website for online payments, WWW.payschoolscentral.com

Options for account management include low balance email notification and auto replenishment. Visit the schools website for the charging policy.

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 Food Services at 973-598-0005. 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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