

# School Food Service Information 2018-2019 School Year

## Mount Olive High School



## The School Day Just Got Healthier!

You may have heard that changes are coming to the National School Lunch Program. Rest assured that school lunches will continue to include a wide variety of fruits, vegetables, and whole grain-rich foods; 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. 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 2017-2018 School Year:

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

**Whole Grain Waivers** will allow individual districts to select and replace up to five items that students find unfavorable, therefore increasing the acceptability of school meals

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

**Breakfast Begins:** Sept. 4, 2018

**Lunch Begins:** Sept. 4, 2018

## Meal Prices and Payments

Student Breakfast \$2.50	Student Lunch \$4.00
Reduced Breakfast \$0.30	Reduced Lunch \$0.40
Adult Breakfast: \$3.50	Adult Lunch: \$5.00

Cash, Check and online payments are accepted for meals.

For online payments, visit

<https://www.payschoolscentral.com/#/user/>

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, or at <https://mountolive.payschools.com/>

## Contact Information

If you have any questions, suggestions, or concerns please contact Kerri Santalucia of Maschio's Food Services at 973-927-2208 extension 7800 or [ksantalucia@maschiofood.com](mailto:ksantalucia@maschiofood.com) or Sherry Toscano at [stoscano@maschiofood.com](mailto:stoscano@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!**

### 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
- 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 us!    