



Shrewsbury Public Schools | [Food Services Department](#) | 64 Holden Street | 508-841-8819

## What's on the Menu?

# September - October 2015

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### A Historical Perspective

The National School Lunch Program and School Breakfast Program, Past and Present

Welcome back! We hope everyone had a fun and healthy Summer Break! Similar to previous years, we will be highlighting a nutrition-related topic in each newsletter throughout the school year. To kick off the year, we will be exploring the history of the National School Lunch Program (NSLP) and the School Breakfast Program (SBP).

#### What is the National School Lunch Program?

The National School Lunch Program is funded by the United States Department of Agriculture (USDA) and has provided millions of children with nutritious meals for the past 70 years. Over the past 70 years the National School Lunch Program and School Breakfast Program have grown dramatically. In its first year in 1946, the National School Lunch Program served approximately 7.1 million children daily, and today, it serves more than 31.6 million children lunch daily.<sup>1</sup> Similarly, the School Breakfast Program served 1.8 million children in 1975, and today, it serves 13 million children breakfast every day.<sup>2</sup> In

Massachusetts, all public schools are mandated to participate in the National School Lunch Program.

### **The 1940s**

The National School Lunch Program was formally established in 1946 following World War II when President Harry Truman signed the National School Lunch Act. The National School Lunch Program was implemented because young men drafted into the army were undernourished and lacked the strength needed to fight for our country. Therefore, the mission of the NSLP was to “safeguard the health and well-being of the Nation's children.”<sup>3</sup>

### **The 1950s**

In 1954, congress authorized funds for a Special Milk Program for the National School Lunch Program. This Special Milk Program provided a half pint of milk to school children daily to support healthy growth and development.<sup>3</sup>

### **The 1960s**

The Child Nutrition Act was passed in 1966 by President Lyndon B. Johnson. This act established a pilot program for the School Breakfast Program.<sup>4</sup> Additionally, in 1968, The Child Nutrition Act was amended to include the Special Food Service Program, which established year-round feeding programs for day cares and a summer feeding program for low-income children. <sup>3</sup>

### **The 1970s**

In 1975, “Offer vs. Serve” was introduced to encourage schools to give students a choice in meal selection to improve student satisfaction and to reduce food waste. Also, the School Breakfast Program and was made permanent in 1975. <sup>4</sup>

### **The 1980s**

The 1980's were a tough time for the National School Lunch Program and School Breakfast Program as the Reagan Administration cut school funding by one third. Schools were forced to turn to affordable processed foods that were high in fat and lacked adequate nutrition. <sup>3</sup>

### **The 1990s**

In 1994 The Healthy Meals for Healthy Americans Act required that all school meals had to conform to the Dietary Guidelines for Americans. Then, in 1998, congress initiated a pilot fruit and vegetable program.



## The 21st Century

Fast-forward to the 21st century, and our main health concern today is the childhood obesity epidemic that is sweeping the nation. Therefore, the mission of the NSLP and SBP has shifted to improving the quality of school food to promote better nutrition in our nation's youth. In 2006, the Fresh Fruit and Vegetable Program was made available in all 50 US states.

Most recently, The Healthy, Hunger-Free Kids Act of 2010 implemented major updated nutrition standards for the first time in over 15 years.<sup>5</sup> With the newest nutritional standards, the food served in the NSLP and SBP will continue to improve to provide students with the freshest and healthiest food the NSLP has ever seen!

\*Be sure to look for the November/December issue to learn about the newest regulations passed in the Healthy, Hunger Free Kids Act of 2010!

## References:

1. The National School Lunch program Fact Sheet. U.S. Department of Agriculture. <http://www.fns.usda.gov/sites/default/files/NSLPFactSheet.pdf>. Published September 2013. Accessed February 28, 2015.
2. The School Breakfast Program Fact Sheet. U.S. Department of Agriculture. <http://www.fns.usda.gov/sites/default/files/SBPfactsheet.pdf>. Published August 2012. Accessed February 28, 2015.
3. Gunderson GW. National School Lunch Program (NSLP) Background and Development. U.S. Department of Agriculture. <http://www.fns.usda.gov/nslp/history>. Published June 2014. Accessed February 28, 2015.
4. School Breakfast Program (SBP) Program History. U.S. Department of Agriculture. <http://www.fns.usda.gov/sbp/program-history>. Published July 2013. Accessed February 28, 2015.
5. Healthy, Hunger-Free Kids Act of 2010 School Meals. U.S. Department of Agriculture. [http://www.fns.usda.gov/sites/default/files/HHFKA\\_080112.pdf](http://www.fns.usda.gov/sites/default/files/HHFKA_080112.pdf). Published 2010. Accessed February 28, 2015.

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## **SPECIAL PROMOTIONS**

### **Elementary School Promotion**

Buy any 4 books of Elementary Lunch Tickets and get a 5th book free. The cost of 4 Elementary books is @260.00-\$65.00 per book of 20 lunch tickets. Please send a check to: Food Service Department, C/O Shrewsbury High School, 64 Holden Street, Shrewsbury, MA 01545. Please include a self-addressed stamped envelope. Cash or check is accepted. Tickets have no expiration date.

**Promotion valid for ticket purchases received August 25, 2015 - October 31, 2015.**

### **Middle and High School Promotion**

For every \$260.00 put on your child's POS account an additional \$65.00 will be credited to their account. Promos can only be processed at the Food Service Department Office. They cannot be processed at the Cafeterias. Please send a check to: Food Service Department C/O High School, 64 Holden Street, Shrewsbury, MA 01545. Please note the student's name whose account you want credited on the memo line of your check. Promotion is valid from August 25, 2015 - October 31, 2015.

**\*No refunds will be issued on past purchases that missed promotions for meal purchases. Promotions are available for the specified dates only. Promotions are not available after the published expiration date.**

### **Elementary School Drawing**

Please have your child write his or her first name, middle initial and last name on their lunch tickets. All tickets tendered during August 26, 2015 - October 16, 2015 will be entered in a drawing to be held in October 2015. Winners will be selected from each of the Elementary Schools.

Prizes include: Outback Restaurant and Amazon Gift Cards and Books of Elementary Prepaid Meal Tickets - \$65.00 value.

### **Middle and High School Drawing**

Winners will be randomly selected from those students who put money on their Meal Magic POS account from August 2015 - October 16, 2015.

Prizes include: 25\$ Outback Restaurant and Amazon Gift Cards, Meal Magic POS account credits of \$65.00.

## Drawing Winners May and June 2015

\$25.00 Movie Gift Cards: Brandon Campbell - HS, Victoria Cox - Sherwood, Declan McSweeney - Oak, Miho Mawatari - Beal, Jonah Chernosky - Spring, Julian Ku Cho - Floral, Kiara Lacroix - Paton, Alexis Wockenfuss - Coolidge

\$25.00 iTunes Gift Cards: Braydon Carroll - HS, Jacqueline D'Andrea - Sherwood, Alex Milligan - Oak, Aiden Giedrys - Beal, Kaitlyn Minton - Spring, Isabella O'Donnell - Floral, Isabel Zou - Paton, Benjamin Li - Coolidge

\$25.00 Brody's Gift Certificates: Leah Eagle - HS, Jack Davis - Sherwood, Daniel Ramirez Oak, Ben Siemssen - Beal, Christopher Dantilio - Spring, Tula Rose Thuot - Floral, Brandon Curtis - Paton, Meagan Gardner - Coolidge

Elementary Ticket Books (\$60.00 Value): Jeffrey Zheng - Beal, Reagan Flynn - Spring, Evan Romano - Floral, Athena Li - Paton, Rushil Patel - Coolidge

Lunch Credit to POS (\$60.00): Pamela Fanjoy - HS, Brock DeFeudis - Sherwood, Emily Spur - Oak

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## NEWS

### Lunch Prices 2015-2016

The price of lunches has increased \$.25 at the Elementary, Middle and High Schools. Elementary lunch costs \$3.25, Middle School lunches are \$3.50 and High School Lunches are now \$3.75.



### Full Priced Prepaid Meal Plans at the Elementary Level

An Elementary Prepaid Full Price Ticket Breakfast and Lunch Plan is available for the school year.

### Lunch at the Elementary Schools costs \$3.25.

Books of 20 - \$3.25 lunch tickets can be purchased for \$65.00. Tickets for the Elementary Schools are orange.

Full Price Breakfast at Coolidge costs \$1.50. Books of 20 - \$1.50 breakfast tickets can be purchased for \$30.00. Breakfast tickets are pink. Breakfast is not served at Floral, Beal, Paton or Spring Schools.

To purchase tickets: send a self addressed stamped envelope along with your check for the number of strips or books requested to: Shrewsbury School Food Service, 64 Holden

Street, Shrewsbury, MA 01545. Checks should be made out to the Food Service Department. Tickets will be mailed back to you. Tickets are non-refundable.

\*\*\*\* Cash can always be used to purchase meals or snacks

### **Full Priced Prepaid Meal Plans at the Middle and High School Level**

The Meal Magic Point of Sale System is available at the Oak and Sherwood Middle Schools and the High School. This system allows parents to put money on their child's account for meal or a-la-carte purchases. Any amount of money can be added to a student's account. This system eliminates the need for cash or tickets. Cash can also be used for purchases. Parents can send a check or cash with their child to give to the cafeteria cashier at their school. The cashier will add this money to the student's account. Checks should be made out to the Food Service Department. In the check memo section note the child's name whose account should be credited. *To take advantage of monthly promotions offered by the Food Service Department checks must be mailed to the Food Service Department, 64 Holden Street, Shrewsbury, MA 01545. Monthly promotions cannot be applied at the schools. Checks or cash will be credited at face value at the schools.*

\*\*\*\* Cash can always be used to purchase meals or snacks

### **Breakfast Program**

Shrewsbury Public Schools was designated a Massachusetts School Breakfast Champion District for the 2015 school year. The Department of Elementary and Secondary Education challenged schools to increase their Breakfast participation in the 2015 school year by 35%. Shrewsbury Public Schools has successfully met the challenge and continues to work on increasing participation for this program. Breakfast is available Monday- Friday at the Coolidge Elementary School from 8:00 - 9:00 AM, Sherwood Middle School from 7:45 - 8:00 AM, Oak Middle School from 7:00 - 8:00 AM and at the High School from 7:00 - 7:30 AM. A full price Breakfast costs \$1.50 and a reduced price breakfast costs \$.30.

### **Free and Reduced Breakfast/Lunch Applications**

Free and Reduced price meals are available to students if there is financial need. Applications are available online at: <https://www.lunchapp.com/> . Applications must be submitted this school year by October 16, 2015 to continue eligibility. If you received a letter from the Food Service Department stating your children were eligible for free meals in school year 2015-2016 as a result of a Direct Certification from the Department of Health and Human Services for school year 2015-2016, you do not need to fill out an online application.

Applications will be accepted at any time during the school year for new applicants as the need arises for families. If you need an application at any time during the school year visit our web pages at: [www.shrewsbury-ma.gov/schools](http://www.shrewsbury-ma.gov/schools) and fill out the online application: <https://www.lunchapp.com/>.

Eligibility is governed by guidelines set by the Federal Government. A written notification will be sent to all families stating what program they qualify for. If you need help filling out

the application, or have questions about the Free and Reduced Meal program, please call the Food Service Department at 508-841-8819 or email Beth Nichols, Food Service Director at [bnichols@shrewsbury.k12.ma.us](mailto:bnichols@shrewsbury.k12.ma.us)

### **Food Service Department Contacts**

Please contact the Food Service Department with any questions or suggestions. The Food Service Department is located at Shrewsbury High School, 64 Holden Street, Shrewsbury, MA 01545. The telephone number for the Food Service Director, Beth Nichols, is 508-841-8819 and email is [bnichols@shrewsbury.k12.ma.us](mailto:bnichols@shrewsbury.k12.ma.us)

**Each school has a manager also available to speak with you. The numbers are as follows:**

Beal - 841-8874

Elizabeth Conway

[econway@shrewsbury.k12.ma.us](mailto:econway@shrewsbury.k12.ma.us)

**Coolidge** - 841-8889

Charlene Campbell

[ccampbell@shrewsbury.k12.ma.us](mailto:ccampbell@shrewsbury.k12.ma.us)

**Floral St** - 841-8723

Sheila Tomaiolo

[stomaiolo@shrewsbury.k12.ma.us](mailto:stomaiolo@shrewsbury.k12.ma.us)

**Paton** - 841-8635

Patti Saniuk

[psaniuk@shrewsbury.k12.ma.us](mailto:psaniuk@shrewsbury.k12.ma.us)

**Spring St** - 841-8708

Michelle Kehoe

[mkehoe@shrewsbury.k12.ma.us](mailto:mkehoe@shrewsbury.k12.ma.us)

**Sherwood** - 841-8681

Sandy Litchfield

[slitchfield@shrewsbury.k12.ma.us](mailto:slitchfield@shrewsbury.k12.ma.us)

**Oak** - 841-1217

Lisa Phipps

[lphipps@shrewsbury.k12.ma.us](mailto:lphipps@shrewsbury.k12.ma.us)

**High School** - 841-8848

Mary Ricker

[mricker@shrewsbury.k12.ma.us](mailto:mricker@shrewsbury.k12.ma.us)