



Shrewsbury Public Schools

Food Services Department

508-841-8819

What's on the Menu?

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November-December 2015

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Menu Highlights

Nutrition Standards for School Meals

As part of The Healthy, Hunger-Free Kids Act of 2010, the nutrition standards for the National School Lunch Program (NSLP) and School Breakfast Program (SBP) received a major nutrition makeover for the first time in 15 years. These regulations coincide with the Dietary Guidelines for Americans of 2010 to ensure that our students get the nutrients they need.¹ Let's take a look at the new meal patterns!

Lunch

The lunch meal has five components including meat/meat alternates, grains, fruits, vegetables, and milk. By law, this meal is required to meet one-third of your child's nutritional needs for the day. Students are offered all five components, but are required to choose a minimum of three as part of their school lunch, and one component must include at a fruit or vegetable. Encourage your child to choose all five for a satisfying and well-balanced meal!²



Overall, the basic structure of the lunch and breakfast meal patterns is the same for all grade levels (K-5, 6-8, and 9-12) – the only difference is that high school students get larger portion sizes.²

1. **Meat/Meat Alternates:** This category includes meat, poultry, fish, cheese, and eggs. Meat/Meat Alternates provide high quality protein to help children grow and keep them full during the school day.
 - Students in grades K-5 are required to have a minimum of one ounce meat equivalent daily with a total of eight-10 ounces weekly.
 - Students in grades 6-8 are required to have a minimum of one ounce meat daily with a total of nine-10 ounces weekly.
 - Students in grades 9-12 are required to have a minimum of one ounce meat daily with a total of 10-12 ounces weekly.

2. **Grains** – This category includes breads, pasta, rice, rolls, etc. All grains offered must be at least 50% whole grains. Whole grains are healthier than refined white grains because they contain more fiber and nutrients that keep students satiated and focused throughout the school day.
 - Students in grades K-5 are required to have a minimum of one ounce of grains daily with a total of eight-nine ounces weekly.
 - Students in grades 6-8 are required to have a minimum of one ounce of grains daily with a total of eight-10 ounces weekly.
 - Students in grades 9-12 are required to have a minimum of two ounces of grains daily with a total of 10-12 ounces weekly.

3. **Fruit** - A serving of fruit must be offered with lunch daily. Fruits can be fresh, frozen, dried, or canned in juice/light syrup or 100% fruit juice. Fruit provides many vitamins and minerals that children need.
 - Students in grades K-5 and 6-8 must be offered a minimum of ½ cup of fruit daily.
 - Students in grades 9-12 must be offered a minimum of one cup of fruit daily.

4. **Vegetables** – Schools must provide a variety of vegetables by offering at least one serving of each of the following vegetable categories each week: dark green (broccoli, spinach, etc.),

red/orange (carrots, sweet potatoes, etc.), beans/peas (kidney beans, lentils, etc.), starchy (corn, potatoes, etc.), and other (onion, green beans, cucumbers, etc.). Vegetables can be fresh, frozen, or canned. Vegetables provide vitamins, minerals, and fiber, which helps keep students full during the day.

- Students in grades K-5 and 6-8 must be offered a minimum of $\frac{3}{4}$ cup of vegetables daily.
- Students in grades 9-12 must be offered a minimum of one cup of vegetables daily.

5. **Milk** – Milk options include fat free (unflavored or flavored) and 1% low fat (unflavored only). Milk is an important component because it provides the protein and calcium children need to grow healthy and strong.

- All grade levels must be offered one cup of milk daily.

Breakfast

The School Breakfast pattern is similar to lunch, but it has only three components: fruit, grains, and milk. Students are required to take all three components of the meal. The regulations allow vegetables to be substituted for fruits and allow meat/meat alternates to be offered as long as the minimum requirement for grains is met.²

Other Requirements

In addition to the above components of each meal, the NSLP and SBP also have limits on calories, sodium, saturated fat, and trans fat.²

Calorie Ranges:

- Grades K-5:
 - Breakfast: 350-500 calories
 - Lunch: 550-650 calories
- Grades 6-8
 - Breakfast: 400-500 calories
 - Lunch: 600-700 calories
- Grades 9-12
 - Breakfast: 450-600 calories
 - Lunch: 750-850 calories

Saturated Fat:

- Saturated fat must be less than 10% of total calories for all grade levels.

Trans Fat:

- All foods served must have zero grams of trans fat per serving.

Sodium: Over the next 7 years, schools will be required to gradually decrease the amount of sodium in school meals. Current limits are as follows²:

- Grades K-5:
 - Breakfast: ≤ 540 mg
 - Lunch: ≤ 1230 mg
- Grades 6-8
 - Breakfast: ≤ 600 mg
 - Lunch: ≤ 1360 mg
- Grades 9-12
 - Breakfast: ≤ 640 mg
 - Lunch: ≤ 1420 mg

All of these new regulations serve to instill healthy lifelong habits in our students and to ensure that they have the nourishment they need to focus and excel during the school day.

References:

1. U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2010. 7th edition. Washington, DC. <http://www.health.gov/dietaryguidelines/dga2010/dietaryguidelines2010.pdf>. Published 2010. Accessed February 28, 2015.
2. Nutrition Standards in the National School Lunch and School Breakfast Programs. U.S. Department of Agriculture. Fed. Reg. 77(7 CFR parts 210 and 220). <http://www.gpo.gov/fdsys/pkg/FR-2012-01-26/pdf/2012-1010.pdf>. Published January 26, 2012. Accessed February 26, 2015.

Special Promotions & Drawing Winners

Elementary School Promotion

Elementary Books of 20 ticket cost \$60.00. Save \$5.00 per book. Please send a check to: Food Service Department C/O 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 November 1, 2015 - December 31, 2015.

Middle and High School Promotion

For every \$60.00 put on your child's POS account an additional \$5.00 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. This promotion is valid from November 1, 2015 - December 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 November 2, 2015- December 22, 2015 will be entered in a drawing to be held in December 2015. Winners will be selected from each of the elementary schools. Prizes include: Panera Restaurant, Texas Roadhouse, and iTunes 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 November 2, 2015- December 22, 2015. Prizes include: Panera Restaurant, Texas Roadhouse and iTunes Gift Cards and Meal Magic POS account credits of \$65.00.

Drawing Winners August and September 2015:

\$25.00 Amazon Gift Cards: Christopher Simon, HS; Jenna Cayton, Sherwood; Stephanie del Rosario, Oak; Zoe Welland, Beal; Ava Lynch, Spring; Nicholas Lapierre, Floral; Juliana Miranda, Paton; Angelica Orbista, Coolidge

\$25.00 Outback Gift Cards: Halie Tolba HS, Steven Colangelo, Sherwood; Peter Li, Oak; Vincente Plante, Beal; Preston Langlois, Spring; Charles Shi, Floral; Jack Taliceo, Paton; Kiira Maloney, Coolidge

Elementary Ticket Books (\$65.00 Value): Macie Keller, Beal; **Spring**, Andrew Milani, Floral; Grace Marine, Paton; Eliza Craft, Coolidge

Lunch Credit to POS (\$65.00): Jaden Wei, HS; Kelly Quinn, Sherwood; Sanket Pawar, Oak

News

Breakfast 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 7:00-7:30AM. 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/>. 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 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 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 the Food Service Director at bnichols@shrewsbury.k12.ma.us

Lunch Program

A Lunch Program is offered daily at all schools. A minimum of three entrees are offered daily. In addition, a variety of sandwiches, milks, 100% juices, fruits, vegetables and a salad bar are offered daily. All meals meet the USDA nutritional guidelines. The cost of lunch is \$3.25 at the Elementary Schools, \$3.50 at the Middle Schools and \$3.75 at the High School.

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.

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
Coolidge	841-8889	Charlene Campbell	ccampbell@shrewsbury.k12.ma.us
Floral St	841-8723	Sheila Tomaiolo	stomaiolo@shrewsbury.k12.ma.us
Paton	841-8635	Patti Saniuk	psaniuk@shrewsbury.k12.ma.us
Spring St	841-8708	Michelle Kehoe	mkehoe@shrewsbury.k12.ma.us
Sherwood	841-8681	Sandy Litchfield	slitchfield@shrewsbury.k12.ma.us
Oak	841-1217	Lisa Phipps	lphipps@shrewsbury.k12.ma.us
High School	841-8848	Mary Ricker	mricker@shrewsbury.k12.ma.us

