



What's on the Menu?

[HS Lunch Menu](#)

[MS Lunch Menu](#)

[Elementary Lunch Menu](#)

March-April 2016

In this issue:

1. Menu Highlights
2. Special Promotions & Drawing Winners
3. News

Menu Highlights

The Link between Nutrition, Behavior, and Learning

In our Menu Highlights this year, we have discussed the regulations of the National School Lunch Program (NSLP), the School Breakfast Program (SBP), and Smart Snacks in Schools. So why do we have all of these regulations? What is all the hype about making school nutrition as healthy as can be? The driving forces behind are: the obesity epidemic, the importance of promoting life-long healthy habits, and the link between nutrition, behavior, and learning.

The Importance of Breakfast

If students come to school on an empty stomach, how can they learn anything? It's nearly impossible to think when hungry. Consider this: if your family ate dinner at 6 o'clock last night and your child skipped breakfast this morning, he or she could go up to 18 hours straight without food!! Think back to that last time when you were famished. How did you feel? How well

did you focus? How did you behave? Being optimally nourished throughout the day is vital to one's behavior and ability to learn

According to the Academy of Nutrition and Dietetics¹, children who eat breakfast are more focused, perform better in school, and are healthier overall compared with those who do not eat breakfast. Additionally, current research suggests that there is nearly a letter grade difference between children who skip breakfast versus children who eat breakfast daily.² Eating breakfast and having fuel to make it through the day is important, but it is even more important that our students fuel up with healthy, nourishing foods.

The Importance of Balanced Nutrition:

Balanced nutrition is essential during childhood and adolescence, which is a vital time of growth and intellectual development. However, obtaining nutritious meals is growing increasingly more difficult as the food industry is producing many high-sugar, high-fat, high-calorie, and nutritionally-poor foods. These types of foods lack essential nutrients such as dietary fiber, vitamins, and minerals that children need to stay focused and to excel in school.



Eating healthy foods is essential for optimum brain function. The brain is composed of billions of cells called neurons that drive our thinking, learning, and behavior. The neurons require nutrients such as healthy fats, protein, complex carbohydrates, vitamins, minerals, antioxidants, and water to work at their optimum potential. Therefore, what children eat can either help or hinder their cognitive function.

For example, recent research suggests that high intake of saturated fat intake can hinder learning and memory,³ insufficient protein may result in lower scores on achievement tests,⁴ and high sugar intake may lead to a sudden decline of sugar in the body that causes a drop in energy, focus, and mental performance.⁵ On the other hand, diets high in vitamins and minerals may improve memory and increase test scores,⁶ intake of healthy, unsaturated fats can promote learning,³ and intake of complex carbohydrates including dietary fiber can help improve focus.⁵

The regulations set for school meals and snacks aim to provide the nutrients that promote learning such as healthy fats, lean protein, vitamins, minerals, dietary fiber, and antioxidants and limit the nutrients that may hinder learning such as saturated fat and sugar. Having healthy, well-balanced foods in schools will give children energy to fuel their bodies and feed their brains so they can focus and learn throughout the entire school day.

1. O'Neil C, Byrd-Bredbenner C, Hayes D, et al. The role of breakfast in health: definition and criteria for a quality breakfast. *JAND*. 2014;114(12): S8-S26.

2. Hoyland A, Dye L, Lawton Cl. A systematic review of the effect of breakfast on the cognitive performance of children and adolescents. *Nutr Res Rev*. 2009;22(2):220-243.

3. Portwood MM. The role of dietary fatty acids in children's behavior and learning. *Nutr Health*. 2006;18(3):233-247.
 4. Gustafson T. Nutrition can greatly impact your child's learning ability. <http://www.timigustafson.com/2012/nutrition-can-greatly-impact-your-childs-learning-ability/>. Updated 2014. Accessed March 2, 2015.
 5. Sorhaindo A and Feinsten L. What is the relationship between child nutrition and school outcomes. *Center for Research on the Wider Benefits of Learning*. <http://www.breakfastforlearning.ca/wp-content/uploads/2013/07/widerbenefitslearning.pdf>. Published June 2006. Accessed March 2, 2015.
 6. The NEMO Study Group. Effect of a 12-mo micronutrient intervention on learning and memory in well-nourished and marginally nourished school-aged children: 2 parallel, randomized, placebo-controlled studies in Australia and Indonesia. *Am J Clin Nutr*. 2007;86:1082-1093.
-

SPECIAL PROMOTIONS

Beal, Coolidge, Paton and Spring Elementary School Promotion:

Buy two books of Elementary Lunch Tickets for \$115.00 (\$15.00 savings). 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 March 1, 2016 - April 30, 2016.

Floral Elementary, Middle and High School Promotion:

For every \$115.00 put on your child's POS account an additional \$15.00 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 valid from March 1, 2016 - April 30, 2016.

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 and POS special cannot be combined to receive the promotion.

Beal, Coolidge Paton, and Spring 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 March 2016- April 2016 will be entered in a drawing to be held in April 2016. Winners will be selected from each of the Elementary Schools. Prizes include: Uno's Restaurant Gift Cards, Panera Restaurant Gift Cards, Amazon Gift Cards, and Sheets of 20 Elementary Prepaid Meal Tickets - \$65.00 value.

Floral, Middle and High School Drawing

Winners will be randomly selected from those students who put money on their Meal Magic POS account from March 2016- April 2016. Prizes include: Uno's Restaurant Gift Cards, Panera Restaurant Gift Cards, Amazon Gift Cards, and Meal Magic POS account credits of \$65.00.

Drawing Winners January and February 2016:

\$25.00 Moe's Gift Cards: HS - Sean Barbour, Sherwood - Ada Booras, Oak - Gianna Alicandro, Beal - Ruhan Sivakymar, Spring - Eli Shaw, Floral - Isabelle Zhao, Paton - Joseph Wu, Coolidge - Alexis Mahoney

\$25.00 Bertucci Gift Cards: HS - Carmen Dancy, Sherwood - Benjamin Cohen, Oak - Ariana Bakhtiar, Beal - Jayden Iyoha, Spring - Evan Stoessel, Floral - Nikita Mikheev, Paton - Ryan Walker, Coolidge - Julia LaMothe

\$25.00 Movie Gift Cards: HS - Kelly Danielson, Sherwood - Alyssandre Laurent, Oak - Jasneil Gill, Beal - Kaelyn Park, Spring - Jack Alarie, Floral - Claire O'Donnell, Paton - Anna Marderosiani, Coolidge - Mia Lapierre

Elementary Ticket Sheets (\$65.00 Value): Beal - Zoey Hutt, **Spring - Ethan Oh**, Paton - Josie Sawyer, Coolidge - Joey Morris

Lunch Credit to POS (\$65.00 Value): HS - Erin Donovan, Sherwood - Emily Diamond, Oak - Aabia Hasan, Floral - Cameron Wilson



NEWS

Meal Magic Point of Sale System

The Food Service Department will be implementing a new, computerized point-of-sale system in the Floral Street Cafeteria - Wednesday, March 2, 2016.

This system is currently being used at the Middle and High School Cafeterias. This system, *Meal Magic*, offers many features:

- ▶Creates an individual account for each student accessible with their student identification number
- ▶Allows students to pre-pay for lunch and snacks eliminating the need for cash
- ▶Eliminates the prepaid ticket system for students on free, reduced price or full pay lunches

Students and Staff can use their full and reduced price ticket until they run out. Free students will no longer need to use their tickets.

Students can opt to put money on their accounts or continue to pay with cash.

ALL STUDENTS WILL BE REQUIRED TO ENTER THEIR STUDENT IDENTIFICATION NUMBER WHEN MAKING ANY PURCHASES REGARDLESS IF THEY ARE FULL PAY OR FREE/REDUCED ELIGIBLE.

Lunch tickets will no longer be sold to Floral Students or Staff. Money or checks received after this date will be credited to your child's or a staff's Meal Magic Account and debited beginning March 2, 2016 as your child or staff makes a cafeteria purchase. Cash or checks can be sent with your child to give to cafeteria cashiers to be credited to their account. Checks should be made out to the Food Service Department. Please note the child's name whose account you want credited on your check memo line. Checks can also be mailed to the Food Service Department C/C High School, 64 Holden Street, Shrewsbury, MA 01545.

Online Payment Option Coming Soon!!!!!!!

We are very excited to announce that the district has partnered with *SchoolPay*, an online payment vendor to accept payments for food service at Schools where Meal Magic POS -Point of Sale is in use-Floral, Oak, Sherwood and the High School. We selected this vendor because of its ease of use, ability to accept both credit card and electronic check payments, and integration with the *PowerSchool* parent portal. So, no additional user names or passwords are required. Information will be sent out to parents when this system is available to them.

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 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 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

Breakfast Program

A Breakfast Program is offered daily at the High School, Oak and Sherwood Middle Schools and Coolidge Elementary before the school day begins. Breakfast is not served at the other Elementary Schools. A variety of cereals, fruits, pastries, morning breads, juice and milk are

offered daily. All meals meet the USDA requirements for good nutrition. The cost of breakfast is \$1.50. Families with financial need may qualify for a reduced price breakfast at \$0.30 or a free breakfast.

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 Street	841-8708	Michelle Kehow	mkehoe@shrewsbury.k12.ma.us
Sherwood	841-8681	Sandy Litchfield	slitchfield@shrewsbury.k12.ma.us
Oak	841-1217	Lisa Phipp	lphipp@shrewsbury.k12.ma.us
High School	841-8848	Mary Ricker	mricker@shrewsbury.k12.ma.us