

November/December 2018 Food Services Newsletter

What's on the Menu?

[HS Lunch Menu](#)

[MS Lunch Menu](#)

[Elementary Lunch Menu](#)

Article written by Valerie Thibaud

Coordinated Program in Dietetics

Framingham State University

Not-So-Savory Salt

What's the deal about salt?

There are many different kinds to choose from - sea salt, Himalayan salt, kosher salt, and table salt. They all have the same basic nutritional value, they have around 560 mg, or 23 % of your daily value per serving. It is recommended to buy reduced sodium, or no-salt-added products at home and to add seasoning such as herbs or spices instead of salt to recipes and dishes.

What's the problem with too much salt?

Excess salt in the body can increase blood pressure because it holds excess fluid in the body. It puts an excess burden on your heart and can increase your risk of diseases when you get older like stroke, or heart failure.

How can I limit my salt?

1. Make a few healthy changes:
 - Aim for low-salt snacks
 - Downsize your portions
 - Limit salty foods
 - Look for foods that are not processed or prepackaged (for ex. goldfish or chips)
2. Check the ingredients:

- Check not only the nutrition label but the ingredients list
- If salt is one of the top 3 ingredients on the list then it is a food high in salt
- Look for low-salt food items, some foods are lightly salted or have low salt
- It will have a percent daily value on the nutrition label - 5% or less per serving means it is a low-salt food

 **Fun Fact:** Roman soldiers were sometimes paid in salt as a form of currency, which is where the word 'salary' comes from. Nowadays you wouldn't want to be paid in salt.

Promotions

For every \$60.00 put on your POS account, an additional \$10.00 will be credited to that account. Promos can only be processed at the Food Service Department Office. They cannot be processed at the cafeterias or online. Please send a check to: Food Service Department C/O High School, 64 Holden Street, Shrewsbury, MA, 01545. Please note whose account you want credited on the memo line of your check. This promotion is valid from November 1, 2018 – December 31, 2018.

*** Promotions cannot be applied to online transactions.**

Free and Reduced Breakfast/Lunch Applications

Free and reduced-price meals are available to students if there is financial need. Applications for the 2018-2019 school year are available all year and can be submitted at any time there is a financial need. Applications are available online at the Food Service web site. Eligibility is governed by guidelines set by the United States Department of Agriculture. Notification will be emailed to all families stating what program they qualify for.

**Click here for the Free and Reduced Application form: <https://www.lunchapp.com/>

**Families do not have to fill out a new application if they received notification that their children were directly certified through the Department of Health and Human Services to receive free meals.

If you have questions or need help filling out the online application, please contact:

Beth Nichols, Food Service Director, phone 508-841-8819

Reimbursable Meals

The USDA requires schools that participate in the National School Lunch Program to offer 5 meal components: Milk, Grain, Protein, Fruit and Vegetables, to students at lunch. Students must take 3 meal components, one of which has to be a fruit or vegetable for that lunch to qualify as a reimbursable meal. Additionally, students must take minimum portion sizes of these 3 components as set by the USDA to have a lunch be considered a reimbursable meal. Full price students may decline to take the required components and the meal is entered as a non-reimbursable meal. Free and Reduced students must take a reimbursable meal or they will be charged full price for the non-reimbursable meal.

Currently the National School Lunch Program reimburses us \$.43 for a paid reimbursable lunch, \$3.03 for a reduced reimbursable lunch and \$3.43 for a free reimbursable lunch.

The USDA requires schools that participate in the National School Breakfast Program to offer 3 meal components: Milk, Grain, and Fruit or Vegetables, to students at breakfast. Students must take 3 meal components, one of which has to be a fruit or vegetable for a breakfast to qualify as a reimbursable meal. Additionally, students must take minimum portion sizes of these 3 components as set by the USDA to have a breakfast be considered a reimbursable meal. Full price students may decline to take the required components and the meal is entered as a non-reimbursable meal. Free and Reduced students must take a reimbursable meal or they will be charged full price for the non-reimbursable meal.

Currently the National School Breakfast Program reimburses us \$.31 for a paid reimbursable breakfast, \$.31 for a severe needs paid reimbursable breakfast, \$1.49 for a reduced reimbursable breakfast, \$1.84 for a severe needs reduced reimbursable breakfast, \$1.79 for a free reimbursable breakfast and \$2.14 for a severe needs free reimbursable breakfast. Coolidge Elementary School qualifies for severe needs breakfast reimbursement based on its percentage of free and reduced students and their percent participation in the breakfast program.

In FY 2018 we earned \$543,688 in meal reimbursements.

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 \$2.00 and a reduced-price breakfast costs \$.30.

Meal Magic Point of Sale System

This system is currently being used at all 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. Cash can be used.

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.

Local Meal Charge Administrative Policy

SHREWSBURY PUBLIC SCHOOLS
LOCAL MEAL CHARGE ADMINISTRATIVE POLICY
Effective July 2017

District Philosophy

It is the philosophy of the district to provide nutritious meals to all students who wish to purchase a meal or are eligible for a free or reduced-price meal per the regulations of the National School Lunch Program. Parents are responsible for either providing their children with meals, applying for free or reduced-price meals when appropriate, or providing adequate funds for their child to purchase a meal. But under no circumstance will a student be denied a breakfast [when offered] or a lunch meal due to a

lack of money or a negative food account balance. A child will not be denied a school meal because of parental negligence as we know this unfairly punishes children and impedes their ability to learn.

Regulations and Guidelines

This policy is informed by regulations and guidelines published by the United States Department of Agriculture under the National School Lunch Program, Massachusetts General Law, and the Massachusetts Department of Elementary and Secondary Education's Office for Food and Nutrition Programs.

Policies

a) Policy on Communicating Student Food Account Balances

Parents are responsible for knowing the amount of their child's food account balance. Parents may view their child's food service account balance at anytime by looking in *PowerSchool* using their Parent Portal Access. Parents of students who have a negative account balance will receive an email communicating the negative balance amount until it is rectified. The use of automated telephone calls will also be employed for the collection of delinquent accounts. Parents may set up automatic replenishment of their child's account through the district's online payment processor to avoid negative account balances.

b) Policy on Charging Meals and a la carte Items

A child will not be denied a school meal because of parental negligence as we know this unfairly punishes children and impedes their ability to learn. Students who have a negative fund balance may charge a la carte items to their account only when those a la carte items are accompanied by a meal. Students who have a negative account balance cannot further their indebtedness by purchasing a la carte items without a meal.

So-called "alternative meals" i.e. peanut butter and jelly or cheese sandwiches will not be used as substitutes as this identifies the child as having a delinquent account in front of their peers and will likely not provide any added incentive for the parent to pay.

c) Policy on Delinquent Debt Collections

Payment for negative account balances may be made at anytime using the district's online payment processor. Parents can access this feature via their PowerSchool Parent Portal access account. Students may also rectify their account by paying cash or by check to the cashier at their school. Parents may also rectify negative accounts by making a check payment to the Shrewsbury School Department and mailing it or dropping it off at the Food Service Director's Office, Shrewsbury High School, 64 Holden Street, Shrewsbury, MA 01545.

When a student account balance goes negative to a sum that exceeds three times the cost of a lunch meal, this will be considered a delinquent account. The Food Service Director, in consultation with the school cafeteria manager, will then begin collection efforts with the

respective parent or guardian. The Food Service Director may also share a negative account balance report periodically with school principals because this information may be useful as an additional symptom of a larger problem that the student and their family are experiencing. If attempts by the Food Service Director do not result in payment, then the delinquent account will be sent to the School District Business Office. The Business Office will attempt collection through parent/guardian communications. Collection efforts may result in denial of access to discretionary school programs, pursuit in small claims court, or sale of the debt to a collection agency.

Denial of access to school programs as noted above may include but is not limited to: graduation activities or ceremonies, the Extended School Care Program, Summer Programs, Extra-Curricular/After School Programs, and other, optional, fee-based programs.

Cafeteria Help Wanted

The Shrewsbury Food Service is looking for part time employees and substitutes to work in the school cafeterias. Days and hours are flexible. Duties include: prepping food, setting up serving lines, serving students and breakdown and clean up. Lunch and refreshments are provided. Please click on the link below to obtain an employment application:

<http://schools.shrewsburyma.gov/foodsvc/forms>

Please forward this application to the Food Service Department C/O High School 64 Holden Street Shrewsbury, Ma. 01545.or email to: hdoyle@shrewsbury.k12.ma.us

Questions: please call Heidi Doyle Monday-Wednesday at 508-841-8855.

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	Lisa Birnie	mailto:lbirnie@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	Jen Potter	jpotter@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	Patti Saniuk	mailto:psaniuk@shrewsbury.k12.ma.us
High School	841-8848	Lisa Phipps	lphipps@shrewsbury.k12.ma.us

USDA Nondiscrimination Statement

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, religious creed, disability, age, political beliefs, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at:

http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form.

To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; (2) fax: (202) 690- 7442; or (3) email: program.intake@usda.gov. This institution is an equal opportunity provider.

Policy References:

MGL C. 71, Section 72 United States Department of Agriculture, National School Lunch Program Regulations Massachusetts Department of Elementary and Secondary Education, Office for Food and Nutrition Regulations