



School Food Service Information

**2021-2022
School Year**

Phillipsburg School District

The School Day Just Got Healthier!

Did you know your child's school lunch includes a wide variety of fruits, vegetables, and whole grain-rich foods; fat-free or low-fat milk; appropriate meal portions designed for a child's age; and less saturated fat, sodium and zero trans fat? We take great pride in being able to offer your children healthier food choices so that they can fuel their bodies to get them through the school day and beyond! 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 2021-2022 School Year:

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

Whole Grain Flexibility The FNS Child Nutrition Program established flexibilities for whole grains being served in the 2020-2021 school year. This final rule states that half of the weekly grains on the school breakfast and lunch menu be whole grain-rich. Districts will now be able to replace those whole grain items which students have found to be of poor acceptability with an enriched grain product. Maschio's strives to ensure that our whole grain products meet your student's preferences and exceed this guideline.

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:

<https://www.fns.usda.gov/nsip/national-school-lunch-program>

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/Juice
- Vegetables
- Refreshing Milk

Students must choose at least 3 of the 5
components— Make sure 1 is a Fruit or Vegetable!

*Whole-Grain Rich

Breakfast Begins: August 30th, 2020

Lunch Begins: August 30th, 2020

Meal Prices and Payments

Elementary School Lunch \$2.70 Breakfast \$1.40
Middle School Lunch \$2.75, Breakfast \$1.50
High School Lunch \$2.80, Breakfast \$1.60
Reduced Lunch \$0.40
Adult Breakfast: \$2.10 Adult Lunch: \$3.55

Cash, Check and online payments are accepted for Meals and A la carte purchases. Checks are to be made payable to Phillipsburg Board of Education. Visit the cafeteria tab on the school website for online payments, www.schoolcafe.com

"Meals are Free to all Students This School Year"

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

Applications from the Prior year Expire after 30 days from the start of the new year. A new application must be turned in every school

Contact Information

If you have any questions, suggestions, or concerns please contact Brian Crawford of Food Services at 908-454-3400 ext 7070 bcrawford@maschiofood.com Please visit your school website for our monthly menus, price lists, Cafeteria updates.

Connect with us!    