



# School Food Service Information

## 2018-2019 School Year

### High Point Regional High School

## 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 2018-2019 School Year:

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

**More milk options** will be made available for those students who wish to have 1% low-fat flavored milk as an option as well as unflavored nonfat or low-fat milk varieties.

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 [www.fns.usda.gov/healthierschoolday](http://www.fns.usda.gov/healthierschoolday)

We are happy to offer delicious and nutritious meals during the school day to your children. Making healthy choices and engaging in proper physical activity is a winning combination for a successful school year!

**Lunch Begins:** Sept. 6, 2018

## Meal Prices and Payments

Student Lunch \$3.25

Reduced Lunch \$0.40

Adult Lunch: \$3.75

Cash, Check and online payments are accepted for meals.

For online payments, visit [payforit.net](http://payforit.net)

Options for account management include low balance email notification and auto replenishment.

\*\*Please refer to website for school's Charge policy\*

## 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 or online on the district website.

## Contact Information

If you have any questions, suggestions, or concerns please contact Kathleen Campbell of Maschio's Food Services at 973-875-3101 Ext 1246 and/or [kcampbell@maschiofood.com](mailto:kcampbell@maschiofood.com)

Please visit your school website for our monthly menus, price lists, Cafeteria Connection newsletters and updates.

For nutrition information, please visit: [www.maschiofood.com](http://www.maschiofood.com).

**We greatly appreciate your cooperation and look forward to a great year!**



**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

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