



Shrewsbury Public Schools | Food Services Department | 64 Holden Street | 508-841-88

## What's on the Menu?

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## January – February 2016

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### Menu Highlights

#### Smart Snacking

Children often snack during the school day. Historically, vending machines and snack bars in schools have stocked candy, fat, and sugar-laden baked goods, and sugar-sweetened beverages, all of which offer little nutritional value. In our country, more than one third of children and adolescents are overweight or obese.<sup>1</sup> To combat this growing problem, federal and state regulations were established to promote healthy snacks.

#### Federal Regulations

At the start of the 2014-2015 school year, the United States Department of Agriculture [USDA] implemented the “Smart Snacks” Nutrition Standards. This program sets standards for all foods and beverages sold to students during the school day in vending machines, school stores, and as a

la carte items in the cafeteria which is intended to cover everything sold outside of the federal school lunch and breakfast programs.<sup>2</sup>

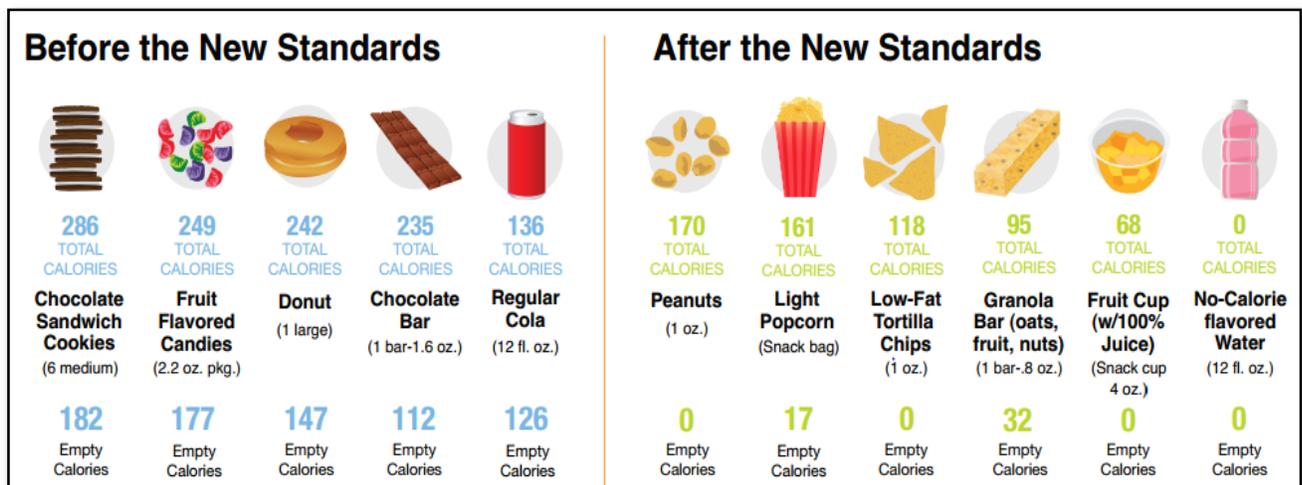
### The “Smart Snacks”

Standards state that any food sold in school must meet at least one of the following criteria:<sup>2</sup>

- Be greater than 50% whole grain
- Have the first ingredient be a fruit, vegetable, dairy product, or protein food
- Contain at least ¼ cup of fruit and/or vegetable
- Contain at least 10% of the Daily Value of calcium, potassium, vitamin D, or dietary fiber

Snacks must also meet the following calorie and nutrient requirements:<sup>2</sup>

- Less than 200 calories
- Less than 230 milligrams of sodium
- Less than 35% of calories from fat
- Less than 10% of calories from saturated fat
- Contain zero grams of trans fat
- Less than 35% of calories from sugar



### Massachusetts Regulations

Prior to the federal regulations, Massachusetts was already committed to improving the nutritional content of snacks. In 2012, The Massachusetts Department of Public Health, in collaboration with the Massachusetts Department of Elementary and Secondary Education, developed the Massachusetts Nutrition Standards for Competitive Foods and Beverages in Public Schools Standards for snacks and drinks sold separately from the National School Lunch and Breakfast Programs. The goal of the standards is to “ensure that public schools offer students food and beverage choices that will enhance learning, contribute to their healthy growth and development, and cultivate life-long healthy eating behaviors.”<sup>3</sup>

Many of the Massachusetts regulations are the same as the above federal standards, but Massachusetts standards are a bit stricter and more specific. Here are the regulations that Massachusetts public schools must meet in addition to the federal standards<sup>3</sup>:

- Juice must be 100% fruit & vegetable juice and the portion size must be ≤ four ounces

- Milk must be low fat or fat free and portion size must be ≤ eight ounces. Flavored milk must have ≤ 22 grams of total sugar per eight ounces
- For beverages, only 100% juice, water (including flavored or carbonated), milk, and milk substitutes are permitted. No teas, sports drinks, or soda are allowed. Sodium must be ≤ 200 mg per food item
- Grain products must have the first ingredient of whole grains
- No artificial sweeteners are allowed in any food or beverages

In addition, water must be available to students during the day without charge. Fresh fruits and vegetables must be offered at any location where food is sold. The use of fryolators is prohibited for competitive foods and nutritional information must be available to students for non-pre-packaged competitive foods and beverages.<sup>3</sup>

### **What Snacks are Acceptable?**

With all of these regulations, it can be difficult for schools to decipher which snacks and beverages are acceptable. A valuable tool used by many schools is The John Stalker Institute of Food and Nutrition's (JSI) A-List.<sup>4</sup> The A-List is an up-to-date and ever-expanding list of snacks that meet both the Massachusetts Nutrition Standards for Competitive Foods and Beverages in Public Schools and the USDA's Smart Smacks Nutritional Standards. In addition, the JSI has a wonderful user-friendly Recipe Tool where schools can add their own recipes and instantly determine if the recipe meets both sets of standards.<sup>4</sup> These two tools make it nearly effortless for schools to ensure they're offering acceptable foods.

### **What are your Children Eating?**

So what are some of these healthy snack options being offered at your child's school? Reduced fat and baked chips made with whole grains, whole grain crackers, granola bars, fruit and yogurt parfaits, veggie sticks with ranch dressing, flavored water are just a few we offer each day. These new standards help students fill their bellies and energize their brains with nutritious foods so they can focus throughout the school day!

### **References:**

1. Ogden CL, Carroll MD, Kit BK, Flegal KM. Prevalence of childhood and adult obesity in the United States, 2011-2012. *Journal of the American Medical Association*. 2014;311(8):806-814.
  2. Smart Snacks in School. U.S. Department of agriculture. [http://www.fns.usda.gov/sites/default/files/allfoods\\_flyer.pdf](http://www.fns.usda.gov/sites/default/files/allfoods_flyer.pdf). Published 2013. Accessed March 1, 2015.
  3. Healthy Students, Healthy Schools. Revised guidance for implementing the Massachusetts school nutrition standards for competitive foods and beverages. Massachusetts Department of Public Health. <http://www.mass.gov/eohhs/docs/dph/mass-in-motion/school-nutrition-guide.pdf>. Updated June 2012. Accessed March 2, 2015.
  4. The John C. Stalker Institute of Food and Nutrition at Framingham State University. <http://www.johnstalkerinstitute.org/resources.htm>. Last Updated 2015. Accessed March 2, 2015.
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## **SPECIAL PROMOTIONS**

### **Elementary Schools Promotion**

Buy four sheets (20 tickets per sheet) of Elementary Tickets for \$230.00. Save \$30.00. 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 January 1, 2016 - February 29, 2016.*

### **Oak /Sherwood Middle Schools and High School Point of Sale Promotion**

For every \$230.00 put on your child's POS account an additional \$30.00 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 January 1, 2016 - February 29, 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 School Drawing**

Please have your child write their first name, middle initial and last name on their lunch tickets. All tickets tendered during May and June 2014 will be entered in a drawing to be held in June, 2014. Winners will be selected from each of the elementary schools.

*Prizes include: Olive Garden Restaurant, Amazon and Barnes and Noble Gift Cards and Books of Elementary Prepaid Meal Tickets - \$60.00 value.*

### **Middle and High School Drawing**

Winners will be randomly selected from those students who put money on their Meal Magic POS account from January 2015- February 2015. Prizes include: Moe's, Bertucci's Restaurant, and Movies Gift Cards and Meal Magic POS account credits of \$65.00.

### **Drawing winners for November and December 2015 are:**

\$25.00 Panera Gift Cards: HS - Zakaria Khan, Sherwood - Daniel Laursen, Oak - Viola Li, Beal - Angelina Tie , Spring - Arpita Thomas, Floral - Ashley O'Leary, Paton - Joseph Wu, Coolidge - Ryan Keddy

\$25.00 Texas Road House Gift Cards: HS - David Ma, Sherwood - Arjun Sivagaminathan, Oak - Arushi Mittal, Beal - Wendy Liu, Spring - Barry Wang, Floral - Nicholas Lapierre, Paton - Cole Hunt, Coolidge - Abigail Watson

\$25.00 iTunes Gift Card: HS - Yungi Lee, Sherwood - Justin Park, Oak - Dylan McNamara, Beal - Jayden Iyoha, Spring - Brady DiPilato, Floral - Connor Mudd, Paton - Leah Manzi, Coolidge -

Isabella Nguyen

Elementary Ticket Books (\$65.00 Value): Beal - Sofia Cotton, Spring - Colin Slicer, Floral - Albert Yang, Paton - Ryan Walker, Coolidge - Helen Qui

Lunch Credit to POS(\$65.00 Value): HS - Kate Montigny, Sherwood - Dominic Vinciulla, Oak - Teagan O'Leary

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## NEWS

### **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](http://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](mailto: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 is 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](mailto: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	<a href="mailto:econway@shrewsbury.k12.ma.us">econway@shrewsbury.k12.ma.us</a>
Coolidge	841-8889	Charlene Campbell	<a href="mailto:ccampbell@shrewsbury.k12.ma.us">ccampbell@shrewsbury.k12.ma.us</a>
Floral St	841-8723	Sheila Tomaiolo	<a href="mailto:stomaiolo@shrewsbury.k12.ma.us">stomaiolo@shrewsbury.k12.ma.us</a>
Paton	841-8635	Patti Saniuk	<a href="mailto:psaniuk@shrewsbury.k12.ma.us">psaniuk@shrewsbury.k12.ma.us</a>
Spring Street	841-8708	Michelle Kehow	<a href="mailto:mkehoe@shrewsbury.k12.ma.us">mkehoe@shrewsbury.k12.ma.us</a>
Sherwood	841-8681	Sandy Litchfield	<a href="mailto:slitchfield@shrewsbury.k12.ma.us">slitchfield@shrewsbury.k12.ma.us</a>
Oak	841-1217	Lisa Phipp	<a href="mailto:lphipps@shrewsbury.k12.ma.us">lphipps@shrewsbury.k12.ma.us</a>
High School	841-8848	Mary Ricker	<a href="mailto:mricker@shrewsbury.k12.ma.us">mricker@shrewsbury.k12.ma.us</a>