

# *November/December 2017 Food Services Newsletter*

## **What's on the Menu?**

[HS Lunch Menu](#)

[MS Lunch Menu](#)

[Elementary Lunch Menu](#)

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### Menu Highlights:

During the months of October and November we will be featuring **Fruits**. As part of a school lunch students are required to take **at least ½ a cup of fruits or vegetables** with their meal. Students have unlimited access to fresh, frozen, and canned fruits all year long as part of our fruit bar.

### ***What's so good about fruits?***

- They are low in calories
- They are low in fat
- They have no cholesterol
- They contain lots of fiber
- They are rich in antioxidants
- They are an exceptional source of vitamins and minerals, especially vitamins A and C
- Healthy diets rich in fruits may help lower your risk of developing cancer and other chronic diseases
- Eating more fruits can also help you reach and maintain a healthy weight, follow this link to learn more information: [Eating for a Healthy Weight](#)

### ***What counts as a fruit?***

- Fruits may be fresh, frozen, canned, or dried
- If canned, you should look for fruits in *water* or *100% juice* to avoid added sugar and calories
- Generally a ½ cup is considered 1 serving of fruit. This may be 1 small to medium piece of whole fruit, ½ cup of 100% fruit juice, and ¼ cup of dried fruit.

Follow the link to view a chart of serving sizes [Fruit Serving Sizes Chart](#)

### ***How many fruits and vegetables do I need each day?***

[Click Here for the Fruit and Vegetable Calculator](#)

\*You should strive to make ½ your plate fruits and/or vegetables

***Tips to help you eat more fruits:***

- Keep a bowl of whole fruits on the counter, table, or in the refrigerator
- Cut up fruit ahead of time, put into plastic bags or Tupperware, and store in the fridge for a quick snack
- Add fruits to cold cereal or oatmeal
- Try fruit as a dessert
- Make a fruit parfait with low fat yogurt and granola
- Make a fruit smoothie with frozen fruit and low fat milk or yogurt
- [Want More Tips? Click Here!](#)
- Buy fruits locally and in season, this may be cheaper, and fruits taste better because they are fresh and at their flavor peak  
[Search for local Farms and Farmer's Markets!](#)

***What's best in the Fall?***

Mangoes, Apples, Pears, Almonds, Cranberries, Grapes, Dates, Walnuts

***Want to know what is in season throughout the year?***

Click here! [Mass Grown Availability Calendar](#)

For Produce tips:

Click here! [Produce Tips](#)

**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. 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, 2017 – December 30, 2017.

\* 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 2017-2018 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/>

A new application must be filled out each new school year.

\*\*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.

### **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.

### **Allergen Policy**

The Food Service Department will try to accommodate allergies relating to foods. Please call the cafeteria manager where your child attends school to address allergen concerns.

Medical documentation is required for specific allergy related accommodations.

Food Service Staff will comply with any practices initiated by nursing staff to accommodate students with allergies.

Strict handling procedures will be followed in the kitchen when handling and preparing peanut products. Products will be prepared and handled in a designated area removed from other food preparation to prevent cross contamination. Gloves used for preparing or handling foods containing peanuts will be discarded after that usage. Equipment used for preparing food items containing peanuts will be washed and sanitized after that usage.

Any product containing peanut products must be wrapped or in a covered container and labeled or identified as containing peanuts.

### **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	Jen Potter	<a href="mailto:jpotter@shrewsbury.k12.ma.us">jpotter@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 St	841-8708	Michelle Kehoe	<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 Phipps	<a href="mailto:lhipps@shrewsbury.k12.ma.us">lhipps@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>

### 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](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: <mailto: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