



MENU

School Food Service Information 2019-2020 School Year

KINGWOOD TWP



The School Day Just Got Healthier!

You may have heard that changes are coming to the National School Lunch Program. Rest assured that school lunches will continue to include a wide variety of fruits, vegetables, and whole grain-rich foods; fat-free or low-fat milk; "right-sized" meals with portions designed for a child's age; and less saturated fat, sodium and zero trans fat. 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 2019-2020 School Year:

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

Whole Grain Waivers will allow individual districts to select and replace up to five items that students find unfavorable, therefore increasing the acceptability of school meals

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

Lunch Begins: September 3, 2019

Meal Prices and Payments

Student Lunch \$2.95
Reduced Lunch \$0.40

Adult Lunch: \$3.45

LUNCH ACCOUNT PAYMENT SYSTEM

Meals Plus, is the point of sale (POS) system being used in the KTS Cafeteria

To create an online account **simply log onto www.k12paymentcenter.com & register for this service.** (You will need your student's ID number to register.) Registration is free to the site and provides you access to the student's lunchroom balance and meal history, offers e-mail notification when the account balance drops below a limit that you set.

Free & Reduced Meals

Parents may apply at any time during the school year for Free or Reduced meals. Contact the school office or the school board office for an application or online on the district website or you may email Michele McCann, School Business Administrator at mmccann@kingwoodschool.org

Contact Information

If you have any questions, suggestions, or concerns please contact Lori McHugh of Maschio's Food Services at 908-996-2941 x 222 or lmchugh@kingwoodschool.org Please visit your school website for our monthly menus, price lists, Cafeteria Connection newsletters and updates.

For nutrition information, please visit:
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
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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