

NUTRI-SERVE FOOD MANAGEMENT, INC.

School Food Service Management
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Dear Parents/Guardians,

Nutri-Serve Food Management, Inc. will be managing the food service program at Bishop Schad Regional School and Sacred Heart High School this year. We are looking forward to serving your children nutritious, tasty, and appetizing meals. In partnership with you we would like to assist parents to teach children about good nutrition and help develop good eating habits. Here are some highlights of our program.

ORDERING

Students will have their choice of variety of entrees each day. **Students will order their lunch on a daily basis in the morning of the elementary school and Grab & Go on with the High School. Preordering ahead is no longer necessary.**

SERVICE

The **“Offer vs. Serve”** program is in place in the district. Students have the option to choose all five components of the lunch or to take a minimum of three components. In this program children are not required to take an item if they absolutely do not want it.

Elementary Schools

To make this program easy and fun, we have incorporated a concept called **“Balloons for a Balanced Lunch”** in our elementary school programs. Each lunch component or food group is represented by a corresponding colored balloon. The “balloons” are colored stickers or paper “balloons” that are placed on the line in front of the lunch component/food group it represents. When a child has chosen a food from every color, s/he will know that they have a balanced lunch. Students will be encouraged to choose all five components to insure they have a balanced lunch, however, even if they do not wish to take all five components, they must still pay the same price.

The five components offered each day are:

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|--|------------------------|
| 1. Meat or Meat Alternate | Purple Balloon |
| 2. Enriched bread, rice or pasta | Brown or White Balloon |
| 3. Fresh or chilled fruit or juice | Red Balloon |
| 4. Cold or hot vegetable | Green Balloon |
| 5. Choice of Milk | Blue Balloon |
| 6. Bonus foods are offered occasionally. | Yellow Balloon |

Secondary Schools

In our high schools programs we have implemented the “5 a Day Program” with an emphasis on “Pyramid Days”.

5 A Day Program, The Color Way!

Students in middle and high schools are the main group of students that frequently omit fruits and vegetables from their diet.

The five a day program puts vegetables and fruits into 5 Color Groups. The five color groups supply a healthy range of vitamins, minerals, fiber and phytochemicals, The five a day program works hand in hand with the food guide pyramid by promoting eating fruits and vegetables within a range of 3-5 servings of vegetables and 2-4 servings of fruits daily. NSFM promotes this color scheme in our middle/high schools by offering one item from each color group in our program daily. *Our fruit basket alone offers 3 of the five colors.*

In March we hold a nutritional project, one of these projects recommended for 2011 is to show and have the children taste different fruits and vegetables.

SELECTION

The key to having well- balanced nutrition is variety and moderation. Ala Carte items are available to students daily. In an attempt to help students make "sensible ala carte choices" Nutri-Serve, includes items that are baked, low fat or sugar free, single serve (one portion) items. Items offered vary from day to day depending on the individual school district. Examples of some items that we are offer are:

- Fresh Fruit
- Pure Fruit Juice (4oz.)
- Soft Pretzel, Pretzel Rods
- Pudding Cup made with low fat milk
- Snack, Chips
- Fresh Baked Cookies
- Milk - all flavors and varieties (skim, 1%, - whole)

Students buying lunch will have the opportunity to purchase ala carte items as they go through the lunch line. Milk, juice and snacks will also be available for students that bring their lunch from home. We want all students to have an opportunity to have a snack with their lunch.

FLEXIBILITY IN PAYMENT

The Primary school lunch price \$3.25 for paid lunches. High School Prices Vary. Please refer to menu. Students have the option to pay for their lunch on a daily basis or weekly or monthly. To insure that the money you send in is used to purchase meals; you may send a check made out to the NSFMC cafeteria. Please place the check or cash in an envelope. **Fill out the front of the envelope with the student's full name, teacher's name, room number, and the amount enclosed. The lunch money must be put in an envelope for appropriate processing. Your child will have the opportunity to use these funds to purchase meals and snacks whenever they choose throughout the school year. The Students will have a computerized account that they can access during lunch. As parents you will have complete accountability for your child through this automated system. ****There is a \$10.00 charge limit placed on all lunch accounts, also students will not be allowed to use other student accounts to purchase lunch.**

As adults we understand that the more you know about good nutrition the healthier you will be. Kids learn best by example, explain to them what s good for them and why. Encourage them to make healthy choices for themselves and to exercise regularly. Thank you for your cooperation and assistance. Nutri-Serve Food Management, Inc. is striving for a better child nutrition program in your district. More information including menu and payment information will follow. We look forward to serving your children this year.

If you have any questions, please call Loretta Ravelli (609-658-1714)

Sincerely,

Loretta Ravelli
Operations Manager

Linda McHugh
Director