



Welcome Back to School 2020-2021 School Year

Holy Redeemer Catholic School

The School Day Just Got Healthier!

Lunch

All meals include:
Grains/Breads*
Meat/Meat Alternative
Fruit/Juice/Vegetable
Refreshing Milk/Bottled Water

Students must choose at least 3 items.
Make sure 1 is a Fruit, Juice, or Vegetable!

*Whole-Grain Rich

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.

Whole Grain Flexibility The FNS Child Nutrition Program established flexibilities for whole grains being served in the 2020-2021 school year. This final rule states that half of the weekly grains on the school breakfast and lunch menu be whole grain-rich. Districts will now be able to replace those whole grain items which students have found to be of poor acceptability with an enriched grain product. Maschio's strives to ensure that our whole grain products meet your students' preferences and exceed this guideline.

The Smart Snacks in School rules set limits on calories, fats, sugar, and sodium, and encourage the consumption of daily, whole grains, protein, fruits and vegetables. Please see the current year's price list on your website for pricing and selections. For more information visit: <https://www.fns.usda.gov/nsip>

To view your menus visit:

<http://qopacademy.org/#>

Under Quick links, lunch menu

Lunch Begins: August 26

Meal Prices and Payments

Student Lunch	\$4.25
Entrée Only	\$ 3..25

Please make checks payable to:

MaschioFood

Options for account management include low balance email notification and auto replenishment. Visit your school website for the charging policy at
For online payments, please visit
www.payschoolscentral.com

Contact Information

If you have any questions, suggestions, or concerns, please contact your school cafeteria manager
Josh Stonecypher at 814-421-8377
jstonecypher@maschiofood.com

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

We look forward to a great year!



FOOD ALLERGIES?

Please call us at (973) 598-0005 to speak to one of Maschio's registered dietitians.

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Healthy meals grow
healthy kids!

