



USDA SCHOOL MEALS INITIATIVE FOR HEALTHY CHILDREN REQUIRE SCHOOLS TO PRODUCE MEALS THAT ARE CONSISTENT WITH RECOMMENDED DIETARY ALLOWANCES, AGE APPROPRIATE CALORIC GOALS AND MEETS THE DIETARY GUIDELINES FOR AMERICANS. OUR MENU MEETS THE FOLLOWING UNDER SCHOOL MEAL PATTERN GROUP IV, PER MEAL.

CALORIES	BETWEEN 664 & 825
TOTAL FAT GRAMS	BETWEEN 22 & 28
SATURATED FAT	BETWEEN 7 & 9
PROTEIN (RDA)	BETWEEN 10 & 16
CALCIUM (RDA)	BETWEEN 286 & 400
IRON GRAMS (RDA)	BETWEEN 3.5 & 4.5
VITAMIN A (RDA)	BETWEEN 224 & 300
VITAMIN C (RDA)	BETWEEN 15 & 18

MENUS ARE PLANNED TO ASSURE YOUR CHILD IS OFFERED A BALANCED MEAL AND A REDUCTION OF TOTAL FAT NOT TO EXCEED 30% WITH LESS THAN 10% SATURATED FAT OVER THE 5 DAY WEEK. WE ARE AN OFFER 1/3 SERVE DISTRICT WHICH MEANS YOUR CHILD MUST TAKE A MINIMUM OF 3 ITEMS.

IN ACCORD WITH FEDERAL LAW, THIS INSTITUTION IS PROHIBITED FROM DISCRIMINATION ON THE BASIS OF RACE, RELIGION, SEX, AGE OR DISABILITY. TO FILE A COMPLAINT OF DISCRIMINATION, WRITE TO USDA, DIRECTOR OF CIVIL RIGHTS, ROOM 328W, WHITTEN BUILDING, 1400 INDEPENDENCE AVE, SW WASHINGTON, DC 202509410

TEWKSBURY FOOD SERVICE

OFFICE

840-7822

KAREN G. CHANAKI, DIRECTOR

MEMBER OF THE AMERICAN SCHOOL FOOD SERVICE

ASSOCIATION

CREDENTIALLED AS SNS

(SCHOOL NUTRITION SPECIALIST)

2009-2010

*We Serve Education
Every Day*

NUTRITIOUS &
AFFORDABLE



Our monthly menu is written with the guidelines to the left

We offer 5 to 6 items daily on our menu, in addition, we offer choice of sandwiches or yogurt to replace the main item. All other choices of the days meal are included with the sandwich or yogurt. Some schools offer Salads. Prices for 2009-2010

K-6th \$2.50-----Adults- \$4.35

7th grade-12th Grade \$2.75-Wynn & Memorial

Milk--K-6th grade-8oz .50/7th-12th- 10 oz
60cents

FREE/REDUCED MEALS PROGRAM

APPLICATIONS ARE SENT HOME WITH EACH STUDENT THE FIRST DAY OF SCHOOL. THERE IS A GRACE PERIOD IF YOU WERE IN THE PROGRAM THE PREVIOUS YEAR. WE ARE REQUIRED BY LAW TO HAVE A NEW APPLICATION ON FILE EVERY YEAR. IF YOU ARE DIRECT CERTIFIED, YOU DO NOT HAVE TO FILL OUT AN APPLICATION, SEND YOUR DIRECT CERTIFICATION. FORMS MUST BE RETURNED TO THE SCHOOL OFFICE BY THE LAST WEEK OF SEPTEMBER, IF WE DONT RECEIVE ONE THE STATUS OF THE ACCOUNT BY LAW CHANGES BACK TO A PAID STATUS AND YOU ARE RESPONSIBLE FOR THE COST OF ANY MEALS PURCHASED

PAYMENT METHODS

PREFERRED PAYMENT AT THE K-6 LEVEL SHOULD BE FOR THE WEEK, THROUGH CASH OR CHECKS. ENVELOPES SHOULD NOTE YOUR CHILD'S FULL NAME AND NUMBER OF DAYS OR MILKS YOU ARE PAYING FOR. ALL OTHER SCHOOLS MAY PAY DAILY OR WEEKLY BY THE ABOVE METHOD.

PLEASE MAKE CHECKS PAYABLE TO "THE SCHOOL'S LUNCH PROGRAM"

IF A CHECK IS RETURNED THERE IS A FEE AND WE WILL NOT BE ABLE TO ACCEPT FURTHER CHECKS. MILK AND OR SNACKS ARE NOT PART OF THE ABOVE PROGRAM. IT IS IMPORTANT TO NOTE THAT THE FOOD SERVICE DEPARTMENT IS A SELF-FUNDED ENTITY.