Maschio's Food Services, Inc.

Welcome Back to School 2020-2021 School Year

CENTRAL JERSEY COLLEGE PREP

The School Day Just Got Healthier!

Breakfast	Lunch
All meals include: Grains/Breads* Meat/Meat Alternative Fruit/Juice/Vegetable Refreshing Milk	All meals include: Grains/Breads* Meat/Meat Alternative Fruit/Juice/Vegetable Refreshing Milk
Students must choose at least 3 items. Make sure 1 is a Fruit, Juice, or Vegetable!	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-far 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 compromised 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 2020-2021 School Year.

Grade	Lunch	Breakfast
K-5	≤1,230mg	≤540mg
6-8	≤1,360mg	≤600mg
9-12	≤1,420mg	≤640mg

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. 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: https://www.fns.usda.gov/nslp

To view your menus visit:

https://cjcollegeprep.nutrislice.com/

Breakfast Begins: September 8, 2020

Lunch Begins: September 8, 2020

Meal Prices and Payments

Student Breakfast	$ 1.75	Reduced Breakfast	$0.00
Student Lunch	$ 3.05	Reduced Lunch	$0.00
Adult Lunch	$ 4.05	Adult Breakfast	$ 2.50

Check, and online payments are accepted for meals.

Please make checks payable to:

CJCP

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

Free & Reduced Meals

Parents may apply at any time during the school year for Free or Reduced Meals. Contact your school board office for an application or online on the district website.

Contact Information

If you have any questions, suggestions, or concerns, please contact

Evelin Murillo of

Maschio's Food Services

(732) 302-9991 ext#1264 or

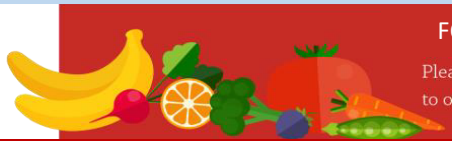
emurillo@maschiofood.com

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

We look forward to a great year!

Maschio's Food Services, Inc.

"MASCHIO'S IS AN EQUAL OPPORTUNITY PROVIDER."



FOOD ALLERGIES?

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

FOLLOW US: @MASCHIOFOOD

Healthy meals grow healthy kids!