


Maschio's is Making Changes in Washington Borough's Cafeterias!

www.maschiofood.com



This fall, Maschio's cafeterias are providing school meals that meet or exceed the new nutrition standards that were mandated by the

U.S. Department of Agriculture this past January. The final meal pattern is based on the 2010 Healthy, Hunger Free Kid's Act and requires school meals to follow strict nutrition standards. We are hopeful that these improvements will have positive influence to your child's health.

The new regulations include:

- Increased serving sizes of fruits & vegetables
- A wider variety of vegetables including dark green & red/orange subgroups & legumes
- Fat-free flavored/unflavored milk or 1% unflavored milk
- Age appropriate calorie ranges
- More whole grain rich items
- Reduced sodium

The good news! Maschio's has already been providing a variety of healthy options which address many of the goals set forth in the new regulations.

A variety of fruits, vegetables, whole grain items, and low fat-milk choices have always been available in Maschio's school meals. Our staff is excited and energized to implement the required standards in the cafeteria.

Among the key changes the students will see in the cafeteria is the new "Seasonal Menu" created by our

Corporate Chefs, which has been analyzed for compliance with the USDA regulations by Maschio's Registered Dietitians. The innovative recipes consist of whole grains, lean meats, and various vegetable subgroups that are healthy and taste great!

Each meal consists of five components: fruits, vegetables, milk, grains, and meat/meat alternatives. For a reimbursable meal:

- ⇒ students must select **three** out of the **five** components
- ⇒ One of those components must be at least **1/2 cup of fruit or vegetable**



For a complete, well-balanced meal, take all five components!

Maschio's Farm to School Program

continues to partner with numerous local farms to provide farm fresh produce on the students' lunch tray. Look out for "**Mac's Veggie Patch**" which will be offered daily in addition to the featured vegetable! The menu will feature legumes, dark green, and red/orange vegetable varieties at least once per week. As always, a large selection of fruit will be offered.

Now is a great time to encourage your children to choose school lunch!

Maschio's website is www.maschiofood.com where you can learn more about Maschio's and view product and nutrition information. Visit your schools' website to view the lunch menu!

