

Millstone School District

Welcome Back To School!



NutriServFood Management is looking forward to teaming up with your district to provide healthy and well balanced lunches to your staff and students.

Food is the fuel for your child's body and brain. It jumpstarts a sleepy child in the morning and powers the body and brain through a school day. Fueling your body with the right fuel by choosing foods with a high nutrient density allows your child to perform at his or her best. Living in an environment of great food security, or constant access to an array of different foods, education on food choice and appropriate portion sizes is necessary in developing healthy eating habits. Concepts such as balance and



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moderation while incorporating physical activity are necessary skills that are most effective when developed at a young age.

As a food service management company founded by a Registered Dietitian, we have built a company based on the principles of nutrition and service over the last 27 years. We believe that a healthy cafeteria serving line is a hands on approach to educating our customers on what makes a lunch healthy. This August we unveiled a new corporate menu designed by our own on-staff dietitian. The menu features Rachael Ray inspired recipes as well as some creative recipes from our own food service directors. We are also offering a fresh vegetable daily known as the vegetable patch. Fresh is best— some vegetables lose nutrients when cooked. Our new menu format creatively integrates nutrition education throughout the menu while using innovative marketing strategies that capture the attention of school age customers. Look for some tips on the Nutrition Intuition page of the new lunch menu!

Nutrition education is most successful as team effort between the school and the home. Eating meals as a family is a great way to build relationships while develop healthy eating habits. We encourage you to reinforce the healthy habits we promote in our cafeterias by asking your child what he or she ate for lunch and which food group this choice met. Our regular lunch price for the primary and elementary is \$2.35 and Middle school is \$2.60, and reduced is \$0.40.

WE LOOK FORWARD TO HAVING A FUN AND HEALTHY SCHOOL YEAR AND THANK YOU FOR SUPPORTING OUR PROGRAM!

Darlene Barney Millstone Food Service Director

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