

# What's New in Dining Services

## Greater Nanticoke Area School District

The number one priority of the GNA's food service program is to provide high quality, delicious and nutritious food. This year marks the beginning of a newer and more diverse and varied menu that also meets the nutritional requirement, tastes and preference of the students.

Our school lunch meals are in accordance with the nutrition regulations of the USDA. School meals offer students milk, fruits, vegetables, proteins and grains, and they must meet strict limits on saturated fat and portion size. School lunch meals also offer the following:

- **Age-appropriate calorie limits**
- **Larger servings of vegetables and fruits** (students must take at least one serving of produce)
- **A wide variety of vegetables, including dark green, red and orange vegetables and legumes**
- **Fat-free, flavored Fat-free or 1% milk**
- **More whole grains**
- **And less sodium**

When possible and available, Metz Culinary Management is proud to utilize local produce in our program.



## Leave Your Lunchbox At Home!

Buying lunch at school is a nutritious and healthy option and can help save money.

### Cost of GNA's Lunch

**Elementary Schools (K-5) - \$1.90**

**Ed Center (6-7) - \$2.30**

**High School (8-12) - \$2.30**

**Reduced - 40¢ & Free**

With many nutritious and delicious options offered daily; there's something to please everyone.

## What Makes a New School Lunch?

Each day your child will be offered a complete lunch, which includes a serving of:

1. Fruit
2. Vegetable
3. Meat/Meat Alternate
4. Grains & Breads
5. Milk

In order for a lunch to be in compliance with the new guidelines; students must choose

**at least three** of the **five** components and **one must be** a fruit or vegetable.

Some examples include:

1. Meat/Meat Alternative + Grain/Bread + Vegetable + Milk
2. Meat/Meat Alternative + Grain/Bread + Vegetable
3. Meat/Meat Alternative + Grain/Bread + Fruit
4. ALL FIVE Components  
Meat/Meat Alternative + Grain/Bread + Fruit + Vegetable + Milk

\*Please note that each example includes a fruit or vegetable.

## BREAKFAST

Did you know that many kids in grades K-12 report that they do not eat breakfast before school? Did you know if you qualify for Free or Reduced Lunch, you also qualify for Free or Reduced Breakfast? All three cafeterias now offer breakfast every morning. This is an excellent opportunity to ensure that your child is receiving a nutritionally balanced meal at the start of each day. Studies have shown that children who eat a nutritious breakfast have better behavior, better attendance, and improved grades. All students are welcome to attend partake in breakfast.

**Breakfast Price - \$1.20**

**Reduced - 30¢ & Free**

## Payment Options

Parents may make a deposit by personal check, payable to the GNA School District Cafeteria fund or by cash. Cafeteria deposit envelopes are readily available in the cafeteria lines and school offices. The envelopes are to be given to the cashier in the cafeteria. Deposits will appear in the student's account as soon as they are entered by the cashier.

Free and reduced lunch must be applied for at the start of every school year. The application is available online or in the District offices or cafeterias.

**General Manager: Rachel Rovinski, CDM**

**Phone: (570)-735-8524**

**Email: [ma1102@metzcorp.com](mailto:ma1102@metzcorp.com)**

**District Website: [gnasd.com](http://gnasd.com)**



Dear GNA school district families,

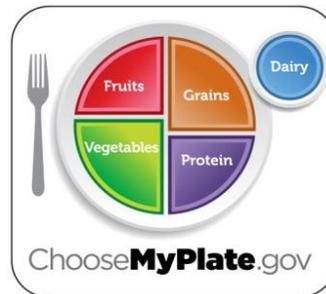
School meals are healthy meals that are required to meet science-based, federal nutrition standards limiting unhealthy fat and calories and requiring that schools offer the right balance of fruits, vegetables, milk, grains and protein with every meal. The National School Lunch Program (NSLP) operates in nearly 95% of America's schools, providing lunches to more than 31 million children daily with 5 billion lunches served annually. Approximately 85% of schools participate in the National School Breakfast Program (NSBP), which serves more than 12 million children daily, more than 2 billion breakfasts a year.

Metz Culinary Management in conjunction with our vendors are making student favorites more healthy, such as serving pizza on whole grain bread with low-sodium sauce and low-fat cheese. Students often don't even notice the difference. Our school nutrition programs also work to incorporate culturally appropriate foods into our menus to meet the tastes of our diverse student populations, as well as provide alternative foods for students with dietary restrictions and allergies. We are always working to offer our students

healthier and tastier choices. Now is a great time to encourage your kids to choose school meals! School meals are a great value and a huge convenience for busy families too! Breakfast and Lunch both qualify for the Free and Reduced Meals program, Reduced meals are .30 for breakfast and .40 for lunch and our regular student Breakfast price is \$1.30 and Lunch price for grades K- 5 is \$1.90 and \$2.30 for 6<sup>th</sup>-12<sup>th</sup>

We look forward to welcoming your children to the cafeteria this fall. To find out more about GNA's healthy school meals visit us at [www.gnasd.com](http://www.gnasd.com) for more information. Please contact Rachel Rovinski at 735-8534 or email at "ma1102@metzcorp.com" with any questions you might have on school lunch. She can assist is solving any issues or concerns you might have.

Thank you!



## Greater Nanticoke Area School District

### Dining Services Guide

