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Welcome to the Food Service Department web page! We believe this will be a good resource for you to find information and answers to questions about your food service program. However, should you need to contact us, please call 201 794-5450 x1017 or x1030

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Dear Fair Lawn Public Schools Families:

Your child(ren) will experience meals that meet all of the USDA requirements when they dine in their school this year. **Student meals must contain at least a selection of 3 of the 5 food groups (fruits, vegetables, protein, whole grains, and milk) and must include a fruit and/or vegetable selection.** Please encourage your child to select a complete meal including a fruit or vegetable. If no fruit or vegetable is selected, the student will pay the ala carte item prices for foods instead of the usually lower complete meal price. Here are highlights of what your student can expect to see in their school meals at Fair Lawn Public Schools.

#### **Increased Fruits and Vegetables**

- Colorful fruits and vegetables provide essential vitamins and minerals important for growth and development during childhood. We offer a large variety of nutrient dense fruits and vegetables, including dark greens, orange starchy vegetables and legumes.

#### **Grains**

- Menus will offer the specific amounts of whole grains and proteins that meet the USDA requirements.
- We offer a variety of whole grains such as our proprietary whole-grain pizza crust, rolls, muffins, pancakes, waffles and whole-grain/reduced sugar cereals.

#### **Lower Sodium**

- We continue to work with food manufacturers to reformulate food products such as sauces and spreads to lower sodium content. Chartwells chefs and registered dietitians continually create tasty new recipes that use non-salt seasonings and herbs to replace and reduce salt.

#### **Reduced Fats**

- We only serve food products and ingredients that contain zero grams of trans fats per serving and we encourage the use of healthy fats and oils.

#### **Menus by Age Groups**

- New menu planning by grade groups will be aimed at ensuring students receive age-appropriate portions and nutrients. There may be some smaller portion sizes on items like burritos, wraps, sub sandwiches, hot meat sandwiches, calzones/ strombolis, and pasta dishes for this reason.



### **2018 - 2019 School Year Full Meal Prices**

The new USDA school meal requirements incorporate many changes which will directly impact our school meal prices. Although we have seen a dramatic rise in food prices, meal prices set by Fair Lawn Public Schools remain unchanged from the 2017-2018 school year.

- \$2.80** Elementary Lunch
- \$2.95** Middle School Lunch
- \$4.00** Middle School Premium Lunch
- \$3.05** High School Lunch
- \$4.25** High School Premium Lunch
- \$0.40** All Schools Reduced Price Lunch

Please remember that you can monitor your child's cafeteria purchases by logging into your account on [Payforit.net](http://Payforit.net). There are no fees to view your child's account or to add funds to the account via cash, check or money order.

Both Chartwells and Fair Lawn Public Schools are dedicated to providing quality nutritious meals that students will enjoy and choose to eat. We hope you will encourage your students to try new fruits and vegetables. If you have questions or concerns, please feel free to contact Annette Santiago 201-794-5450 or via email at [asantiago@fairlawnschools.org](mailto:asantiago@fairlawnschools.org)

Sincerely,

Annette Santiago

Director of Dining Services  
Chartwells School Dining Services  
Fair Lawn Public Schools

### **Non-discrimination Statement: This explains what to do if you believe you have been treated unfairly.**

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