

Welcome Back to School 2023-2024 School Year

The School Day Just Got Healthier!

St. James Cathedral School

Daily Meal Deals Include:

Grains/Breads*
Meat/Meat Alternative
Fruit/Juice/Vegetable
Refreshing Milk/Bottled Water

*Students must choose at least 3 items.
One choice should be a fruit, juice, or vegetable!*

**Whole-Grain Rich*

*K-8 students will share their meal choice with
their homeroom teachers each morning. Preschool
parents will use the Brightwheel app to indicate
their child's selection.*

Did you know your child's school lunch includes a wide variety of fruits, vegetables, and whole grain-rich foods, fat free or low-fat milk, appropriate meal portions designed for a child's age, and limited 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!

Whole Grain Flexibility The FNS Child Nutrition Program established flexibilities for whole grains being served in the 2022-2023 school year. This final rule states that half of the weekly grains on the school menu be whole grain-rich. 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 encourages the consumption of daily, whole grains, protein, fruits and vegetables. Please see the current year's price list on your website for pricing and selections. For more information visit: <https://www.fns.usda.gov/insp>

Menus & More

Please visit <https://stjcs.com/panther-life/lunch-program/>
for monthly menus, price lists, and registration information.

If you have any questions, suggestions, or concerns, please contact your area supervisor: Kimberly Roderick at kroderik@maschiofood.com

Lunch service begins the first day of school!

Meal Prices and Payments

Student(PK3-8)Meal	\$ 5.00
Entrée Only	\$ 4.00

School lunches are comprised of nutrient-dense, age-appropriate meals. Some highly active students, like athletes, may need more calories. SJCS offers many items a-la-carte including fruits and vegetables. Please see the price list for cost of second helpings, as well as snacks and drinks offered to all students, even those not purchasing a lunch.

PAYMENTS

- SJCS uses a computerized Point of Sale system.
- Parents can load funds to their child(ren)'s account(s) online to be used for payment any day.
- Any remaining funds at the end of the school year will carry over for the following school year or may be transferred to a sibling's account.
- A family will have one user account under which you will add each student and load funds to each specific child --the program does not use one "family pot" of funds.
- Once you receive an email from payschoolscentral.com with your child-specific pin number(s), you may then set-up your account.
- Follow the directions found here for easy set-up.
- Please note: funds can be added/payments made 24-7 at user's convenience.
- Parents have the option to select auto-reload, but must set the date range for the last day of school (6/2/23) in order for this option to work the entire school year.
- Low-fund balance alerts will be sent to parents.
- Cash or check (payable to Maschio Food) are only to be used as the exception.



FOOD ALLERGIES?

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

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Healthy meals grow
healthy kids!