



August 2010

Dear Parent or Guardian,

ARAMARK Education is proud to be entering our fourteenth year of service to the students of Bernards Township. Our K-8 schools operate under the guidelines of the National School Lunch program to meet the following standards:

- One third of a child's daily calorie requirement
- < 30% calories from fat
- < 10% calories from saturated fat
- One third of the RDA for protein, calcium, iron, Vitamin A and Vitamin C

We offer a variety of hot sandwiches and pizza in addition to the "Daily Special" listed on the monthly menu. A 'veggie-burger', Chef Salad, Low-fat Yogurt, and Hard-Cooked Eggs are also available as entrees. A student lunch consists of at least **3** and as many as **5** of the following: Meat / Meat Alternate; Bread / Grain; Vegetable; Fruit; and Low-Fat Milk. We encourage students to select from a variety of fruits, raw vegetables and tossed salad, all available daily. Our K-8 schools also offer a Premium Fruit and Vegetable Program, which includes selections such as fresh berries, sugar snap peas, asparagus, etc, for \$0.75 per serving. Whenever possible, we feature products made with whole grains, and we do not fry any of our menu items in the K-8 schools. Salad dressings are reduced-fat, and all milk selections contain 1% fat or less.

The cost of a lunch for students in grades K-5 is \$2.05, and for William Annin students is \$2.20. 100% fruit juice Snapple is available for \$1.35, and bottled water for \$0.65. Our district utilizes a computerized POS (Point of Sale) system in the cafeterias. Elementary students identify themselves to the system using 3-or 4-digit PIN numbers, which will be assigned in September. Middle school students use their six-digit student number. Students' photos are also attached to their accounts for enhanced security. If you would like your child to be able to purchase "Lunch Only", please notify the cafeteria manager at your child's school.

Payments to your K-8 student's account may be made by sending cash or check in an envelope marked with your child's name and classroom teacher. Please note your child's name on any payments made by check. Online payments may be made from the *MyNutrikids link* on the district's website, www.bernardsboe.com. Elementary students are encouraged to turn in payments with the morning lunch count which each teacher takes. Middle school students may place their payments in either the lockbox in the WAMS entrance or the cafeteria. Deposits to RHS student accounts may be made at any time. Cash is still accepted in all of our cafeterias, but we hope that you will take advantage of our debit system, because reducing the amount of cash-handling in our lunch lines keeps the lines moving rapidly.

Yours in Service,

Debra H. Smith
General Manager
ARAMARK Education Food Service
Bernards Township Schools