

SEPTEMBER 2023

MONTHLY UPDATE

amazing things ARE HAPPENING
at Eastampton



Golden Knights

I always try to start of the school year with some of the kids favorite lunch. Mozzarella stick, Pizza, Popcorn Chicken and Pizza crunchers. Some of the teacher favorites are the Quiche which we also sell whole to them as well to take home. Breakfast favorites are the Apple bites and Mini Cinnamon Rolls



Cheeseburger



Veggie Salad



Breakfast Line



Spinach & Riccotta Quiche



Mozzarella Sticks



Pizza

Welcome Back to School

We are excited to be back for the 2023-2024 school year and are looking forward to another year of serving delicious, nutritious meals to our students. We would like to share some updates from the past few months:

- We are partnering with software company **PrimeroEdge**, which will provide us with more behind-the-scenes tools for menu planning, recipe creation, record-keeping, and nutritional analysis. Our online menus have transitioned from the Nutrislice platform to PrimeroEdge's digital menu platform **SchoolCafe**. The school community will still be able to view menus and nutritional information online through this new platform.

Primero *edge*

school*cafe*

- Effective July 1, 2023, **school lunches must meet the weekly sodium limit for USDA's Target 1A**. This is part of USDA's multi-year approach to reducing sodium in school meals and is a 10% reduction in sodium from the previous target. Allowable sodium levels in the National School Lunch program vary by age group and are based on weekly averages—there is no sodium restriction per meal or per day, which allows menu planners to balance higher sodium meals with lower sodium items throughout the week. With Nutri-Serve's transition to PrimeroEdge this year, Food Service Directors will more easily be able to track sodium and other nutritional targets to ensure compliance with regulations.

What Makes a Meal?

The National School Lunch and School Breakfast Programs are regulated by the USDA and must adhere to strict nutrition regulations, including the meal components provided.

- Breakfast includes a grain, second grain or protein, fruit or vegetable, and milk. Students must choose 3 out of 4 components, with one being a fruit or vegetable.
- Lunch includes a grain, protein, fruit, vegetable, and milk. Students must choose 3 out of the 5 components, with one being a fruit or vegetable.
- In situations where meals are pre-packed, students will receive all of the meal components.



QUESTIONS OR COMMENTS? Contact us!

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