

Nutri-Serve Welcomes You...



Nutri-Serve is excited to Introduce **Nutrition Education 180°™**

Designed-internally by Nutri-Serve Registered Dietitians. It's a teamwork approach to Nutrition Education as a K-12 experience divided into 6 modules with unique goals & objectives.

Module 1	Module 2	Module 3	Module 4	Module 5	Module 6
<p>Nutri-Serve's First Grade Food Tasters™ Developing Healthy Habits <i>to Infinity & Beyond!</i></p>	<p>Nutri-Serve's BALLOONS For a Balanced Lunch™ Learn the School Lunch Food Groups!</p>	<p>Nutri-Serve's 'Once Upon a Farm' Fruit & Veggie Tasting Series™</p>	<p>Nutri-Serve's FOOD GROUPS & Fitness™ Finding BALANCE in Food Choice & Physical Activity.</p>	<p>Nutri-Serve's Live healthy Ever After™ Nutrition Skills + Math = Nutri-Knowledge</p>	<p>Nutri-Serve's EAT 2 COMPET Sports Nutrition Tips for Game Day</p>
<p>Grade: 1st FOCUS: <i>Introducing fruits & veggies at young age as part of a first grade experience.</i></p>	<p>Grades: Pre-k to 8 FOCUS: <i>Teaching students how to make a balanced tray with Nutri-Serve's Balloons for a Balanced Lunch.</i></p>	<p>Grades: Pre-k to 8 FOCUS: <i>Developing an affinity for fresh fruits and veggies while identifying different flavors & textures.</i></p>	<p>Grades: 1-6 FOCUS: <i>Teaching the school lunch food groups through Balloons for a Balanced Lunch BINGO with exercises called in between.</i></p>	<p>Grades: 1-12 FOCUS: <i>Activities for each grade level teach nutrition beyond the food groups incorporating subjects such as math.</i></p>	<p>Grades: 7-12 FOCUS: <i>Sports nutrition tips such as meal choice, calorie needs per sport, meal timing, healthy snacks & proper hydration.</i></p>

Nutri-Serve is looking forward to teaming up with the district administration, including classroom teachers, health teachers and sports coaches to offer continuous nutrition education opportunities throughout the school year!

Nutri-Serve meals are AFFORDABLE, healthy options for BUSY Families!

Breakfast Includes	Lunch Includes *A la carte & snack options available daily
<p>USDA's School Breakfast requires 4 Items: Grain, Fruit, Milk, Grain/Protein. Under USDA's Offer vs. Serve policy, school breakfast programs are required to <i>offer</i> all components and students must <i>select</i> at least 3 items. <i>Students must take at least 3 out of 4 components including a fruit.</i></p>	<p>USDA's School Lunch Regulations requires 5 lunch components: Grain, Protein, Vegetable, Fruit & Milk. Under USDA's Offer vs. Serve policy, school lunch programs are required to <i>offer</i> all components and students must <i>select</i> at least 3 items. <i>Students must take at least 3 out of 5 components including a fruit or veggie.</i></p>
<p>PRICES: Regular: \$1.75, Reduced \$0.30</p>	<p>PRICES: Regular: \$3.75, Reduced \$0.40, Extra Entrée: \$1.75</p>

If your child is free or reduced eligible for lunch, the same applies for breakfast!

For your convenience, **online prepayments** are possible using the site www.schoolpaymentportal.com with your child's student ID. Cash or a check can also be applied to your child's account by any cashier.

Looking forward to a fun & healthy school year!

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