

# Lunch Bites

Keyport School District

Nov/Dec 2019



## Smart Snacks

Our low sugar snacks meet Smart Snack standards and taste delicious. We offer a variety of Smart Snacks to choose from daily. Pictured to the right are our whole grain donuts decorated for the fall. They taste as good as they look!



## Food Allergy Plan



Maschio's has once again started the school year with over 100 safe, substitute meal plans based upon

individual student needs. Maschio's Food Allergy Management Plan provides custom allergy safe menus for students who have life threatening food allergies or Celiac Disease. Maschio's dietitians can provide complete carbohydrate calculations, nutrition facts and ingredient information for all of our menu items. For further details please visit Maschio's website at: <https://maschiofood.com/food-facts/>

## Farm to Tray is the way

The harvest this year was bountiful for Maschio's. Our partnership with Race Farm in Warren County includes two and a half acres of Maschio's dedicated farm land producing fresh fruits and vegetables for our schools across the State. The students really enjoyed the peppers, tomatoes, and apples that we received. Jersey Fresh is the BEST!

RACE FARM *Fresh*



## That's a Wrap

In October, during the Food Advisory Meeting which takes place annually, we discussed making a video for the children at the Elementary School. The video would demonstrate the proper way to choose lunch items and explain in detail what is included with each lunch purchase. It was a great assignment and with the support of the school, the video was created. It should be airing at the school after the new year.



## What's Trending in Our Kitchen



Producing winning recipes is one of Maschio's Food Innovation Team's (F.I.T.) primary responsibilities. The group effort of F.I.T. members which includes chefs and dietitians, results in Maschio's offering amazing recipes for students of all ages. Our new Bento Boxes are a protein packed lunch option perfectly packaged in recyclable boxes. They include fruit, a grain, protein, vegetables and milk to provide a complete healthy lunch.