



# NEWS

Fall  
2020

For Parents and Students at  
Monroe-Gregg School District

## Food Service Update!



### YOUR FOOD SERVICE PROGRAM

Taher, Inc. welcomes you to the 2020-2021 school year! We are excited that your District has chosen us again to partner with them, and provide the Monroe-Gregg School District with an exciting and nutritionally-balanced school food service program. For over 38 years, Taher has been managing and operating food service programs. Now in more than 150 school districts nationwide, we implement programs that correspond with each district's mission and goals.

Taher's Food4Life menu offerings incorporate Chef-developed, made-from scratch items, which are trans-fat free and contain healthy whole grains.

### HARVEST OF THE MONTH - "HEALTHY TO A T" NEWSLETTER

As part of Taher's educational initiative, we promote our Harvest of the Month Program to expose our students to fresh, healthy foods and get them to try something they may not normally try at home. Featured items may be used in the Fruit & Vegetable Bar, or given out as samples for students and staff to try! Educational fact flyers are prominently displayed in the café with fun facts aimed to garner interest and attention to the food.

Look for our "Healthy to a T" newsletter each month on the District's Food Service webpage. Taher's corporate dietitian incorporates tips on a healthy lifestyle, and we'll feature interesting facts and a recipe for you to try at home for either the featured fruit, vegetable, spice or herb.



### USDA-DIRECTED GUIDELINES

Per the menu requirements for school meals, students who choose a complete meal will enjoy a variety of fruits and vegetables. With Offer versus Serve at the High School and Middle School, students must select at least 3 of the 5 components to make a full meal, with 1 of those components being a full serving of fruit or vegetable. Anything less than a full meal will be charged using A la Carte prices.

What's for Lunch? **FOOD 4 LIFE** MENUS & Much More!

Find out what's on the menu and much more

**Taher Food4Life® App:**

- Menus
- Nutrition Facts
- Allergy Information
- Latest News
- Events & Promotions
- Chef Blogs

Download Taher Food4Life® in your App store

**TAHER FOOD4LIFE® APP**

• FREE DOWNLOAD • QUICK • EASY TO USE •

**The school nutrition program needs the support of parents to succeed!** Parents can support our healthy eating initiative by encouraging your child to give healthier meals a try.

### FREE AND REDUCED MEAL APPLICATIONS

If you should find your family situation to be that of financial hardship, we encourage you to apply for free/reduced meals. **Families who qualify to receive free or reduced lunch also receive free or reduced breakfast.**

2020-2021 MEAL PRICES	
<b>BREAKFAST</b>	
Elem Students .....	\$1.90
Secondary Students..	\$1.90
Adults .....	\$2.70
Milk .....	\$0.50
<b>LUNCH</b>	
Elem Students .....	\$2.75
Secondary Students..	\$2.90
Extra Entree.....	\$2.50
Adults .....	\$4.00