



## MONROE TOWNSHIP PUBLIC SCHOOLS

Food Service Department

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Food Service Director

Announcement – School Lunch Changes 2022-23

8/15/2022:

The new school year is right around the corner, and our food service team members are excited to welcome students back! The universal free meals program implemented at the beginning of the COVID pandemic is ending, and the dining program is returning to regular service and pricing.

We are proud of our school lunches, and our culinary team continually adds new menu items that students can find in their favorite restaurants. Popular selections include premium chicken filet sandwiches, tenders, boneless wings, pasta bakes, general Tso's chicken, fresh dough pizza, fresh fruit and yogurt parfaits, new mashed potato bowls, and more. In addition, we continue to add flavorful choices for our vegetarian students, including refried bean tacos, new pasta bakes, mashed potato bowls, as well as bean and chickpea options for nachos, wraps, and sandwiches, just to name a few.

We also must mention the popularity of our Express program, throughout all the schools. Express provides a complete lunch with great nutritional value. These are quick grab and go lunches, offered daily.

School meals are a great value, especially with the rising costs of groceries and inflation. Your student will receive a well-balanced meal that meets nutritional guidelines established by the USDA, which offers a serving of fruit and/or vegetables daily, along with whole grains, lean proteins, and low-fat milk.

Those families who meet eligibility requirements based on income must apply for free or reduced meals, immediately. This is an annual requirement per the National School Lunch Program.

To receive an application or to inquire if your student qualifies for a free or reduced-price meal, please contact Dyana Barnosky, 732-521-1500, ext. 5204.

Or you may apply online at:

<https://www.metzmonroetownship.com/free--reduced-lunch-applications.html>

Menus, pricing, and additional information regarding the lunch program can be found at:

<https://www.metzmonroetownship.com/>

