



# TAHER INC. NEWS

Fall  
2017

For Parents and Students at  
School District of Altoona

**NEW Food Service Update!**

## YOUR NEW FOOD SERVICE PROGRAM

Taher, Inc. welcomes you to the 2017-2018 school year! We are excited that your District has chosen us to partner with them and provide the School District of Altoona with an exciting and nutritionally-balanced school food service program. For over 36 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. A Fruit & Vegetable Bar is part of every meal with 5 choices of fruits and vegetables every day! There are lots of choices, including:

- Elementary and MS students will enjoy a choice of 3 lunch selections from our Classic Café station. In addition, MS students can choose a hot sandwich from the Diner Station or homemade Pizza on Tuesdays and Thursdays.
- At the HS each day, we'll offer Grab 'n Go salads or sandwiches, a Hot entrée of the day, Taher's signature pizza, and hot sandwiches from the Grill Station. Several days during the week we will have our on-site chef prepare fresh menu concepts in front of the students as yet another choice for lunch.
- Corporate Chef Chris periodically will visit your schools and feature cuisine from Around the World!



## 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 an "On Display" chef demonstration, included in the Fruit & Vegetable Bar, or given out as samples for students and staff to try! Weekly educational fact flyers are prominently displayed in the café with fun facts aimed to garner interest and attention to the food.

In addition to the weekly education fact flyers for the Harvest of the Month, look for our "Healthy to a T" newsletter each month on the District's Food Service webpage. Taher's corporate dietician 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.



## PROMOTIONS

To enhance the lunch experience for students, we are planning a promotion at the elementary schools each month. Promotions will be highlighted on the posted menu and different food items will be featured. For secondary students, we will include a new featured entrée each month.

## USDA-DIRECTED GUIDELINES

Per the menu requirements for school meals, students who choose a complete meal will enjoy fruits and vegetables from our Fruit & Vegetable Bar. With Offer versus Serve, 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.

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 or by joining your child for lunch and talking about the healthy options on the menu.

## FREE AND REDUCED 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.

2017-18 MEAL PRICES	
<b>BREAKFAST</b>	
K-5 Students .....	\$1.00
6-12 Students .....	\$1.20
Adults .....	\$1.60
<b>LUNCH</b>	
K-5 Students .....	\$2.50
6-12 Students .....	\$2.65
Adults .....	\$3.40

If you have any questions or concerns, please feel free to contact us. We are here to help!

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