



TAHER NEWS

Fall
2018

For Parents and Students at
St. Joseph Catholic School

Food Service Update!

YOUR NEW FOOD SERVICE PROGRAM

Taher, Inc. welcomes you to the 2018-2019 school year! We are excited that St. Joseph's has chosen us to partner with them and provide you with an exciting and nutritionally-balanced school food service program. For over 37 years, Taher has been managing and operating food service programs. Now in more than 200 school districts and private schools nationwide, we implement programs that correspond with each school's mission and goals, and pattern with the guidelines of USDA school meal programs.

Taher's Food4Life menus feature Chef-developed, made-from scratch items, which are trans-fat free and use fresh ingredients. Our menus include kid-popular food items every day so parents can be confident their child will find their favorite foods and enjoy their lunch. A self-service Fruit & Vegetable Bar comes with the meal which includes 5 choices of fruits and vegetables every day! We believe giving children more options to choose from helps encourage them to eat more fruits and vegetables, building healthy eating habits as they grow. The menu will be sent home each month and posted on the school website.

QUALITY

In order to provide the highest quality, meals will be prepared and served at your school by a Taher staff member. Fresh ingredients will be sent daily from our production kitchen in Milwaukee, where menus are written and recipes are selected. Feel free to call with any questions you may have on the menus as we get started.

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 a fresh made entree, 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 Harvest of the Month Flyer, look for our "Healthy to a T" newsletter each month on the school website. 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.

ALLERGENS

A list of allergens in each menu item as well as carbohydrate counts are prepared by our corporate dietitians and are available as a pdf document. Please contact our School Lunch Manager if your child has a severe allergy and you would like them to participate in the lunch program. Our dietitians can review restrictions and provide a separate menu that is safe for your child.

PAYMENTS

Payments will be made to St. Joseph Catholic School as in the past. Details on the payment process will follow.

YOUR PROGRAM

We understand student's tastes very from school to school, so please let us know if you have suggestions on how to improve our service to you. We are looking forward to starting this fall!



2018-19 MEAL PRICES	
Student Lunch	\$3.00
Extra Entree.....	\$1.75
Adult.....	\$3.00

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

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