



# NEWS

Fall 2020

For Parents and Students at  
AHA

## 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 **Academy of Holy Angels** 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. A Fruit & Vegetable Bar is part of every meal with 5 choices of fruits and vegetables every day! There are lots of choices for students for breakfast and lunch!

### 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.

### PROMOTIONS

To enhance the lunch experience for students, we are planning a promotion at the elementary-level 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.



What's for Lunch? 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

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