



Halifax Area School District

3940 Peters Mountain Road
Halifax, Pennsylvania 17032-9098
Telephone: (717) 896-3416

Michele M. Orner, Ed.D. - Superintendent

Halifax Area School District Parents:

David R. Hatfield
High School Principal

The Halifax Area School District recognizes that proper nutrition is essential for the social, emotional, physical, and educational needs of our students. Our goal is to provide a nutritional, well balanced breakfast and lunch for every student.

Rick M. Ansel
Middle School
Principal

In order to offer free and / or reduced- price lunches to the families within our district who are in need of assistance, the school district must participate in the "National School Lunch Program." The program provides funding to help cover the expense of the food prepared within the school so that each child has the opportunity to receive a well-balanced breakfast and lunch on a daily basis. Consequently, the school is required to follow the nutritional guidelines set forth by the federal government.

J. Craig Raisner
Halifax Elem.
Principal/Grants
Co-Coordinator

THE 5 COMPONENTS OF A SCHOOL LUNCH

Milk

Bread

Fruit

Vegetable

Meat, Fish, Poultry, Cheese, Egg, Peanut Butter, or Dried Beans

Daniel Borrelli
Enders-Fisherville
Principal/Curriculum
Coordinator/Grants
Co-Coordinator

K thru 12th Grade Students - Offer vs. Serve

Offer vs. Serve is a serving method designed to give students the opportunity to select the items they would like to have for their meal, while reducing food waste and food cost in the National School Lunch Program. There are 5 food items in the reimbursable school lunch. To be considered a reimbursable lunch, students must take 3 of the 5 items listed with one of them being at least a ½ cup serving of either a fruit or a vegetable. If they do not follow this pattern a la carte pricing will be charged. We encourage all of the children to eat all five components, but they do have the option of selecting only the foods they want.

Michael L. Bower
Business Manager

Matthew D. Czaplicki
Special Education
Supervisor

The United States Department of Agriculture ("USDA") has recently issued new school meal requirements that go into effect for the 2014-2015 school year. This means that students in the Halifax Area School District will see some changes in the foods that will be served at school. Please see below for an overview of what our students can expect to see in the school's cafeteria.

Mindy L. Lorah
Director of Technology

Increase in Fruits and Vegetables

A larger variety of nutrient-dense vegetables, including dark green, orange, starchy vegetables and legumes will be offered. The government requires that we offer each student, depending upon the age level, a ¼ to 1 cup serving of vegetable and a ½ to 1 cup serving of fruit. Students are now required to take at least a ½ cup serving of fruit or vegetable for their meal to be considered a full meal.

Lori M. Weber
Director of Food
Services

Colorful fruits and vegetables provide essential vitamins and minerals important for growth and development during childhood.

Allen L. Whitteker
Director of Buildings
& Property



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Allowable Grains and Proteins

Menus will include specific amounts of whole grains and proteins. This is intended to make sure students are receiving age-appropriate, nutritionally-adequate meals that provide the right amount of energy from healthful food sources. The menus will feature a variety of whole grains with items like whole grain pizza crust, pasta, rolls, muffins, pancakes, waffles and cereal.

Reduced Fats

Unhealthy fats such as saturated and trans fat can lead to heart disease and high cholesterol as well as other chronic diseases. Only food products and ingredients that contain zero grams of trans fat per serving will be used.

Lower Sodium

Several products with lower sodium content have already been identified for use next year, and we will continue working to find additional products with lower sodium content. The Food Service Department is also working on many recipes that are "made from scratch" in order to reduce the use of processed food and in turn lower sodium content.

Menus by Age Groups

New grade groups for menu planning will be aimed at ensuring that students receive age-appropriate portions and nutrients. New calorie requirements will be implemented to align with these newly established grade groups.

The Halifax Area School District is dedicated to providing quality nutritious meals that students will enjoy and choose to eat. We hope you will encourage your students to try new fruits and vegetables. If you have questions or concerns, please feel free to contact me at 717.896.3416 ext. 126 or via email at weberl@hasd.us.

Lori Weber
Food Service Director
Halifax Area School District

Additional Links:

Fruits & Vegetables: <http://www.cdc.gov/nutrition/everyone/fruitsvegetables/index.html>

Dairy Council: <http://www.nationaldairycouncil.org/Pages/Home.aspx>