



# Regional School Unit 1

*Serving the Communities of Arrowsic – Bath – Phippsburg – Woolwich*

*Patrick M. Manuel, Superintendent  
Debra J. Clark, Business Manager*

*Katie Joseph, Assistant Superintendent  
Justin R. Keleher, Director of Special Services*

*Think – Care – Act*

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## **WELCOME TO THE RSU1 FOOD PROGRAM WE WANT TO FEED YOUR KIDS!**

### **Did you know?**

- Every day all of our schools serve meals that are healthy and nutritious!
- We offer FRESH fruit and vegetables EVERY DAY – it's a State requirement!
- Your child has a daily choice for lunch – if they are not interested in the hot entrée option, they can choose a cold sandwich or salad bar offered at most schools!
- Our kitchen staff receives training every year – topics range from nutrition, food preparation, and safety. Many of our cooks have restaurant experience and have years of cooking experience!
- Our program purchases fresh fruit and vegetables on a weekly basis from the same vendors that many local restaurants use!

We encourage families that qualify to apply for the FREE and REDUCED Program

- Contact your school secretary for an application (one was sent with your child the first week of school).
- Information from these applications is kept CONFIDENTIAL! Once returned to the school office, they come directly to the Food Service Director.

As the Director of Food Service for RSU1, I am excited about the prospect of feeding your children. As the year goes on, we will be making exciting changes to our menu and program – so please stay tuned. We will be evaluating our menus in order to implement meals that are exciting, nutritious and fun. We hope to work with staff to find opportunities to integrate food into the curriculum. We would like to implement programs such as purchasing local foods, conducting taste-testings, and recipe development with students.

We believe the food that we are serving is as fresh and healthy as what is prepared at home. We know that your time is precious, especially as you race to get your children ready to start the day. We would love to have the opportunity to take some of that burden from you – let us provide your children with a healthy breakfast or lunch each day!

Tim Harkins, Food Services Director  
443-6601, Ext. 114

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34 Wing Farm Parkway - Bath, ME 04530

Telephone: (207) 443-6601

Facsimile: (207) 443-8295

<http://www.rsu1.org>

# Nutrition - RSU1 2018-2019

The RSU 1 Nutrition Program serves healthy, nutritious meals to students, staff and visitors in six locations. All school menus meet USDA requirements for Calories, Protein, Calcium, Iron, and Vitamins A and D. Calories are based on the age group for the particular grade level of the school, while fat is limited to 30% of the calories served. The nutrient content is reflective of what the average student selects and not what any one student chooses. It is still very important to review meal selections with your student/children and work towards a balance on a weekly basis.

High School lunch is \$2.85  
Elementary School lunch is \$2.65  
Breakfast for all grade levels is \$1.45  
Each of the above meals include milk

Milk is available to have with your child's bag lunch for 55¢

Students at all grade levels approved for Reduced price meals will be charged 40¢ for their lunch and they will receive breakfast at no charge.

Adult meals are \$4.75 for Lunch and \$2.00 for Breakfast

If a child has a disability, as determined by a doctor, and the disability prevents the child from eating the regular school meal, the school will make substitutions prescribed by a doctor. If a substitution is needed, there will be no extra charge for the meal. Please note, however, that the school is not required to make a substitution for a food allergy unless it meets the definition of disability. In either case, disability or allergy, a doctor's note must be provided to us. Please call the Food Service Director or your child's school cafeteria for further information.

## Contact Information

Director of Food Service and Nutrition      Tim Harkins - 443-6601, Ext 114

Bath Middle School - Lisa Campbell 443-8270, Ext 408  
Dike-Newell School - Judy Kingsbury 443-8285, Ext 121  
Fisher-Mitchell School - Melissa Cole 443-8265  
Morse High School - Sherry Simmons 443-8296  
Phippsburg Elementary School - Anna Varian 389-1514  
Woolwich Central School - Joanne Wells 443-9739

Please be aware that we are a pre-pay system. You can make payments online at <https://www.myschoolbucks.com> OR by personal check made payable to RSU #1 School Lunch Program and submit the check to your child's school cafeteria. We strongly encourage you to pre-pay each Monday for your child's meals. This helps to speed up the service in the cafeteria and makes sure that there are no delays in your child's service.