

Stephen F. Dockray
Superintendent-Director

Michael J. Procaccini
Principal

John M. Roy
School Business
Administrator



TRI • COUNTY
REGIONAL VOCATIONAL TECHNICAL HIGH SCHOOL
147 POND STREET • FRANKLIN • MASSACHUSETTS 02038
Administration Fax No. 508-528-6074
Website: www.tri-county.us

DIAL DIRECT FROM:
508-528-5400
Franklin, Norfolk, Medfield,
Millis, Medway, Walpole,
Wrentham
508-376-2295
Millis, Medfield, Medway,
Sherborn
508-226-2830
North Attleboro, Plainville,
Seekonk

FOOD SERVICES

Mission Statement:

Positive nutrition habits have a direct impact on both student learning and student health. It is our mission to support and promote proper dietary habits contributing to student's health status and academic performance. It is our goal to address nutrition and physical activity issues and to develop, implement and evaluate guidelines that support a healthy school environment. The Healthy Hunger Free Kids act of 2010 required the US Department of Agriculture to update federal nutrition standards for schools.

Nutrition Guidelines:

Student Lunch:

All school meals meet the federal requirements for reimbursable school lunch.

Fruits and Vegetables:

Schools must offer fruits and vegetables with every lunch. Students must take a 1/2 cup serving daily. Vegetable choices include offerings such as legumes, dark green, red & orange and other groups.

Whole Grains:

All grains offered with school meals must be whole grain rich (51%)

Sodium Limits:

Schools must gradually reduce sodium levels in school meals.

Calorie Limits:

Schools must meet Calorie limits according to age/grade.

Grades 7-8 600 - 700 Calories

Grades 9 -12 750 - 850 Calories

Dairy:

Lo fat or fat free milk or fat free flavored milk are offered with every meal.

Lactaid available for students with lactose intolerance

Other Beverages:

Plain Water (carbonated or uncarbonated) no limit to quantity or size

Juice - 100% fruit juice, no larger than 4 oz.

Ala Carte:

All ala carte items offered in vending machines and in the Cafeteria follow the USDA School Foodservice guidelines for calories, sodium, saturated fat and whole grain limits.

Snacks:

Guidelines: 200 or less calories

30% or less calories from fat

10% or less calories from saturated fat

35% or less total weight from sugar

trans fat free

200 mg or less sodium

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at [\(800\) 877-8339](tel:8008778339). Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#), (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call [\(866\) 632-9992](tel:8666329992). Submit your completed form or letter to USDA by:

(1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;

(2) fax: [\(202\) 690-7442](tel:2026907442); or (3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.