



NEWS August 2021

For Parents & Students at Holy Family Catholic H.S.

YOUR FOOD SERVICE PROGRAM FOR THE 2021-2022 SCHOOL YEAR

Taher, Inc. welcomes you to the 2021-2022 school year! We are excited to be starting our 21st year serving the students and families of Holy Family Catholic H.S.

FOOD ALLERGY INFORMATION

As per State guidelines, if a student has a need for a special diet, the school and kitchen requires a special diet form that is filled out by a Physician. Chef Paul can be reached at: skinnerp@hfchs.org

SPECIAL PROGRAMS OFFERED

We will be open for breakfast for grab and go and also in the afternoon for snacks for activities. We again this year will offer affordable to-go activity lunches for students, teachers and coaches to take when school activities require long bus rides or being gone over a mealtime. Sign up by 10am the day of the activity. If departure time is before 8:30am, sign up will be the end of the previous day. For ease, these services will be billed through your school lunch account.

HIGHLIGHTS of the Dining Program include:

LUNCH ~ Each day we will offer...

- From-Scratch Hot Entree with sides
- Hot Grab and Go Special, such as burgers, chicken tenders, pizza, spicy chicken sandwiches and more
- Many bottled beverage choices
- Deli sandwich, wrap, salad or another cold entrée option
- Assortment of A la Carte items and 2nds available for individual purchase

Check out our Menus on the Food4Life App in early August.

HARVEST OF THE MONTH ~ "HEALTHY TO A T" NEWSLETTER

We promote our Harvest of the Month Program to expose students to fresh, healthy foods and try something they may not normally try at home. We use "On Display" chef demonstrations or give out samples to try! Educational fact flyers are prominently displayed in the café with fun facts aimed to garner interest and attention to the food.

Our "Healthy to a T" newsletter, which will be posted in the dining room, incorporates tips on a healthy lifestyle, and features interesting facts and a recipe for you to try at home for either the featured fruit, vegetable, spice or herb.

WHAT WE WILL BRING TO YOU

Taher's Food4Life menu offerings incorporate the following:

- Chef-developed, made-from-scratch items that are trans-fat free.
- Fruit and vegetable selections which complement our menu offerings, rotating daily.
- Harvest of the Month program which features a specific fruit, vegetable, and herb or spice each month, along with educational flyers.
- A dedicated and trained staff who focus on customer service, attention to detail and a desire to serve people in a friendly and welcoming atmosphere.

What's for Lunch? **FOOD 4 LIFE** **MENUS & Much More!**

Download Now **TAHER FOOD4LIFE® APP**

• FREE DOWNLOAD • QUICK • EASY TO USE •

Find out what's on the menu and much more

- Menus
- Nutrition Facts
- Allergy Information
- Latest News
- Events & Promotions
- Chef Blogs

Download Taher Food4Life® in your App store

The Food4Life app is accessible through Alexa so you can ask for the daily menu.



HEALTHY to a "T" **TAHER** **AUGUST 2021**

Harvest of the Month **Watermelon**

#NationalSandwichMonth

FUN FACTS:

- The United States is considered the "fruit capital" of the world.
- The average American consumes 100 pounds of fruit each year.
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HARVEST OF THE MONTH RECIPE - AUGUST

Watermelon Mint Salad

6 cups	watermelon, cubed	1/2 cup	mint leaves
2 lbs	fresh mint, minced	1/4 cup	lime juice
1 lb	fresh cilantro, minced	1/4 cup	olive oil
2 cups	granulated sugar	1/4 cup	lemon juice

1. In a serving bowl, place watermelon and mint.
2. In a small bowl, whisk together lime juice and sugar until it thickens.
3. Drizzle over salad, toss gently to combine.

NUTRITION FACTS

Yield: 8 servings - 3/4 cup per serving

AMOUNT PER SERVING

170 calories
4g protein
35g total fat
20g carbohydrates
10g fiber
1.5g sugar



2021-2022 MEAL PRICES

Chef Main Menu Items range from \$5.25 to \$5.75 which includes a carton of milk or bottled water.

We have many other stations and choices at Ala Carte Pricing

The dining program needs the support of students and the entire school community to succeed! Please support the dining program through your patronage, and by not bringing other restaurant food into the dining room during lunch service.