



# PARENTS CHOOSE

Many parents want to help their child make proper dining choices. Your school cafeteria is working to help. Most importantly, Pomptonian designs a menu of popular choices that, over the course of the week, achieve several nutritional goals.

## Each day, meals contain:

- A protein
- A whole grain
- A fresh fruit selection
- A vegetable selection
- A hormone-free, low or non-fat milk selection.

The cafeteria also offers snacks that comply with the District's Wellness Policy.

Parents can further limit their child's choices by restricting offerings to meals only. This ensures your lunch account is used solely for wholesome meals. To take advantage of this option, contact the Food Service Director at [Foodservice@montclair.k12.nj.us](mailto:Foodservice@montclair.k12.nj.us), so your child's account can be updated.