



2019-2020 Cromwell Food Service Newsletter



What is a Student Meal?

Dear Parents/Guardians:
 Welcome back to a new school year! The Cromwell school district food service staff is looking forward to serving your children nutritious, great-tasting meals that support their achievements in school and promote healthy lifestyles. We strive to provide outstanding service and high quality "kid friendly" meals that meet the latest federal and state requirements. Some of the goals I have for this year are more theme days and taste testing's. Young children's palates are constantly maturing. Conducting taste testing's, especially at the elementary level will give students the opportunity to taste some new food items that they might not get to try elsewhere. Please encourage your children to participate in tasting new items on the menu or items we may be taste testing. They just might become a new favorite! I am always available for comments, questions or concerns and we look forward to seeing the students on the first day of school!

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We participate in offer vs. serve at both breakfast and lunch. That means we offer all the components that are needed, and the students can take or decline as they wish. At breakfast, we offer four components of which the student must choose a minimum of three. We offer a variety of bread/grain, fruit/vegetable and milk components. Menu items may account for one or two components. At lunch, we offer five components of which the student must choose a minimum of three and can take up to 5. Lunch components include meat/meat alternative, bread/grain, fruit, vegetable and milk. Once again, menu items may include more than one component; for example, a cheeseburger is both the meat/meat alternate and the grain. **To purchase a reimbursable breakfast or lunch, one of the components chosen MUST be a fruit or vegetable at both meals.**

Did you know? All students are eligible to eat Breakfast!!!

How Do I Pay for School Meals?

- Options for food purchases include: cash, check or online payment.
- An automated point of sale system in all cafeterias allows parents to set up an account and view what their child is purchasing and their current account balance. This can be accomplished over the internet at www.MySchoolBucks.com
- Restrictions, low balance alerts and automatic withdraws can also be set on schoolcafe.com
- Students use their ID number to punch in the pin pad for purchasing all food items at the register.
- If you are paying by check please make it out to Cromwell School Lunch with your child's name and ID number on the check.
- There is a \$20.00 charge for all returned checks.
- Parents/Guardians may access lunch menus and food service information at www.cromwell.k12.ct.us

***Please note you can add a statement on your child's account such as, "lunch only" or "breakfast only." Every child has the opportunity to eat both breakfast and lunch unless we have a note on their account that says otherwise. ***

A La Carte Purchases

We sell a variety of a la carte items at the MS/HS level. All items sold follow the Smart Snack guideline laws as of 2014 which are as follows:
 Must be a whole grain rich product
 <35% of total calories can come from fat and contain zero trans fat.
 <200mg of sodium per packaged item
 <200 calories per packaged item
 Beverages: Elementary 8fl oz. max, MS/HS 12fl oz. and 40 calories per 8oz.

****If there is money in your child's account, they can purchase a la carte snacks/beverages (includes waters and an extra milk at elementary level). If you want restrictions set or no a la carte purchases, please set that up on www.MySchoolBucks.com or give us a call/e-mail****

Free & Reduced

- Each school year a new application must be submitted (1 per household family) even if your child was receiving free or reduced meals the last school year.
- You must complete a new application before OCTOBER 9th, 2019. If you have not returned a new application by that date, your child will be removed from the program and will have to pay full price for meals until a new application is completed.
- If you accrue a negative balance and then qualify for free/reduced, you are still responsible to pay for that negative balance.
- **If your child is receiving free/reduced meals they can have a complete breakfast and lunch meal.**

You might ask, how healthy is school lunch?

The answer to this is ...very healthy!

- In 2010 the "Healthy Hunger Free Kids Act" was released that applies to the National School Breakfast Program-NSBP and the National School Lunch Program-NSLP
- All meals (breakfast and lunch) are based on a meal pattern. Each meal depending on age group must contain a certain number of calories, fat, sodium, fruit, vegetable (dark green, red/orange, beans/pea/legumes, starchy, and other categories, grains, meat/meat alternates (alternates include items such as cheese and yogurts), and fluid milk.
- All juice served is 100% fruit juice with no added sugar
- All plain milk served is 1% and flavored milk is fat free
- All grain products are whole grain rich which means all grains offered need to contain 51% or more whole grain product.
- All items are oven baked, we do not fry anything

School Meal Prices

	<u>Breakfast</u>	<u>Lunch</u>
ECS	\$1.85	\$2.80
WIS	\$1.85	\$2.80
CMS	\$1.85	\$3.00
CHS	\$1.85	\$3.10