

2020-2021 Cromwell Food Service Newsletter

Dear Parents/Guardians:

Welcome back to a new school year!

The Cromwell Public School 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 good quality meals that meet Federal & State requirements.

This year will be different due to COVID-19, but we are committed to doing our best for your children.

I am always available if you have any questions or concerns. We look forward to seeing the students on the first day of school!

Sandra Shaw
Food Service Coordinator
860-632-4840

What is a Student Meal?

New COVID-19 Guidelines:
OVS (offer vs serve) will not be an option this school year for students. All students will receive a complete meal of everything that is on the menu for that day.

We are taking every precaution to make sure everything is sanitized and clean.

* Breakfast - A variety of bread/grain, fruit/vegetable and milk components.

* Lunch - Lunch includes a meat/meat alternative, bread/grain,

School Meal Prices

	<u>Breakfast</u>	<u>Lunch</u>
Reduced	\$.30	\$.40
ECS/WIS	\$1.85	\$2.90
CMS	\$1.85	\$3.05
CHS	\$1.85	\$3.10

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 9, 2020. If you have not returned a new application by that date, your child will be moved from last year's status and put as a **paid** status for the new school year and will have to pay full price for meals until a new application is submitted and approved.

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.

How Do I Pay for School Meals?

Options for food purchases include cash or check when in school. If you are paying by check, make checks out to Cromwell Public Schools. Place it in an envelope with your child's full name and grade on it.

Note: You can download the MySchoolBucks app to view your child's account & purchases, along with adding funds and reviewing their lunch balance.

Parents/Guardians may access lunch menus at:

www.cromwellpublicschool.k12.ct.us

Please note: The parent can add limits to a child's account such as, "lunch only" or "breakfast only, "no extras", etc. Every child has the opportunity to eat both breakfast and lunch unless we have a note on their account that says otherwise. Please call Sandra Shaw @ (860) 632-4840 if you have any questions regarding this.

Hybrid and Remote Learners

Breakfast and Lunch is available to all hybrid and remote learners every day.

Pick up times at all schools are
10:30AM to 11:30AM

We will not be accepting cash at the pickup tables. Please fill your child's account online using [MySchoolBucks](#) or send a check to the school. Meals will be charged according to your status if you qualify as free or reduced, or if you are a paid student.

If you have any questions, please contact:
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