

Wilton-Lyndeborough Cooperative School District 2020-2021 Food Service Newsletter

Dear Parents/Guardians:

Welcome back to a new school year!

The WLC 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 good quality meals that meet Federal & State Requirements.

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

I am always available for questions or concerns and we look forward to seeing the students on the first day of school!

Deb Roske, Food Service Director (603) 732-9344 d.roske@sau63.org

How healthy are school meals? <u>VERY HEALTHY!</u>

- In 2010 the "Healthy Hunger Free Kids Act" was released that applies to the School Breakfast Program (SBP) and the National School Lunch Program (NSLP).
- All meals (breakfast and lunch) are based on a <u>meal pattern</u>. Each meal, depending on <u>age group</u>, must contain a certain number of calories, fat, sodium, fruit, vegetable (dark green, red/orange, beans/peas/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.
- Plain milk served is 1% or fat-free, and all flavored milk is fat-free.
- All grain products are whole grain rich which means all grains offered contain 51% or more whole grain product.
- All items are oven baked we do not fry anything

What is a Student Meal?

Breakfast: We offer daily breakfast for all our students. Breakfast includes a grain, fruit or vegetable, juice, and 8 fluid ounces of milk. Breakfast may include a protein.

Lunch: We offer daily lunch including a protein, grain, vegetable, fruit, and 8 fluid ounces of milk.

Due to COVID-19 guidelines, elementary students selecting a meal will be provided with a complete meal (all menu items included) for each breakfast or lunch.

Our middle and high school students will use an offer-versus-serve (OVS) method where the students must choose a fruit or vegetable and at least two other elements of the meal.

	<u>School Meal Prices</u>		
		<u>Breakfast</u>	<u>Lunch</u>
	Reduced	Free	\$0.40
	Paid (K-5)	\$1.80	\$3.00
	Paid (6-12)	\$1.80	\$3.10
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How do I pay for School Meals?

All meal service is on a pre-paid basis using online accounts at **myMealTime.com**.

We encourage all parents to register for a FREE account at myMealTime.com where you can monitor your student's spending, set automatic reminders for low balances, and make secure deposits using credit or debit cards. (there is a fee charged by MealTime for online deposits.)

If you prefer, you can send checks or cash to school with your student. Please make checks out to **"WLC School Lunch"**. Place cash or checks <u>in a sealed envelope</u> with your child's full name on it.

If you would like a balance or detailed spending report, you can access it online or email Deb Roske for a copy. Bills will be sent via email on a weekly basis.

Please note: ALL students are permitted to purchase meals unless we receive written guidance from the parent/guardian. A la carte purchases are not allowed if the student has a negative account balance. This includes milk when purchased outside of a meal.

Free & Reduced

- EVERY school year, a <u>new</u> application MUST be submitted (one per household family) even if your child was receiving free or reduced meals last year.
- ✓ You must complete a <u>new</u> application prior to 10/20/2020. If you have not returned a new application by that date, your child's status will be put as a <u>paid</u> status for the new school year and will have to pay full price for meals until a new application is approved.
- ✓ If you accrue a negative balance and then qualify for free/reduced Meal Benefits, you are still responsible to pay for that negative balance accrued during that time.
- ✓ If your financial status changes during the school year, <u>PLEASE</u> complete a free and reduced application. Applications are accepted at any time and can be approved quickly if you qualify.

LUNCH ROOM CHANGES (please review with your children) ELEMENTARY:

- There will be no second choice at the start of the year. We hope to expand the menu as we get more comfortable with new procedures.
- All meals will served as complete meals packaged by Food Service staff. Students will not be able to decline individual components.
- Meal cards will not be used. Food Service will record meals using a paper roster.

MIDDLE/HIGH SCHOOL:

- There will be a single one-way service line to maintain distancing.
- Food Service staff will place items, including a la carte items, on student trays. Students will not touch items that they are not purchasing.
- Students will still enter PIN code using wrapped keypad. Sanitizing cloths are available for student use. Students can tell cashier their PIN for a touchless option.
- Envelopes will be available for deposits.

The Wilton-Lyndeborough Cooperative School District does not discriminate on the basis of race, color, religion, national origin, age, sex, handicap, veteran status, sexual orientation, gender identity, or marital status in its administration of educational programs, activities, or employment practice.