

# Welcome Back Dining Newsletter

## Welcome Back!!

We couldn't be happier to have the opportunity to serve breakfast and lunch to students every day for the upcoming school year. Over the course of the year, we will be introducing new menu options, gathering feedback, and making other changes to enhance the mealtime experience. We will be introducing new fun and exciting programs this fall and wanted to share a few things you and your child can look forward to when it comes to mealtime and get an inside look at the new recipes, concepts, and programs we'll be

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## What Makes a Meal

Newtown Public Schools participates with the National School Lunch Program, a.k.a. NSLP. Under the guidelines of this program, lunch and breakfast menus must meet the USDA's weekly dietary specifications (nutrition standards) for calories, saturated fats, and sodium. In addition, all food products and ingredients used to prepare school meals must contain zero grams of trans fats per serving.

Under the NSLP, there are five components required to make what's called a "complete meal". **At least three of these components must be selected at the time of purchase in order to meet federal guidelines.**

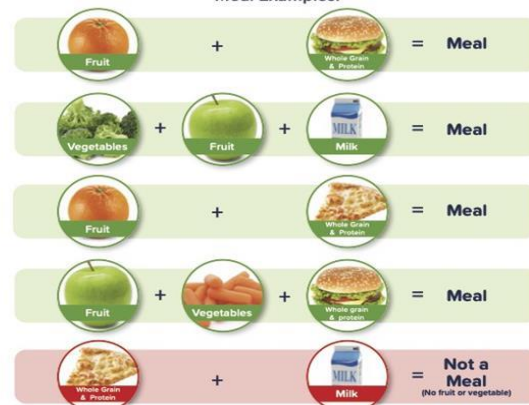
We have included the diagram below so you can see exactly what components make up a complete meal. Please explain this to you child which will help eliminate any confusion.

## Create a Meal

Take at least 3 food groups to create a meal

1. Select a 1/2 cup of Fruit or Vegetable (or both)
2. Pick at least two other food groups, such as Whole Grains, Protein, or a serving of Milk
3. Take a minimum of 3 food groups and a maximum of 5

Meal Examples:



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Newtown Public  
School District

# Meal Costs ~ Free & Reduced Meals

**NEW THIS YEAR** - all students that are eligible for reduced lunch prices, will be free for one year. An application is required in order to determine eligibility (this application can be found on our website). Please send in your application asap!

Paid students will remain paid with no increase in prices over last year (see below).

	<b>Paid</b>	<b>Reduced</b>	<b>Free</b>
NHS Breakfast	\$2.45	\$0.00	\$0.00
NHS Lunch	\$3.60/\$4.50	\$0.00	\$0.00
NMS/REED	\$3.35/\$4.50	\$0.00	\$0.00
Elementary	\$3.10	\$0.00	\$0.00

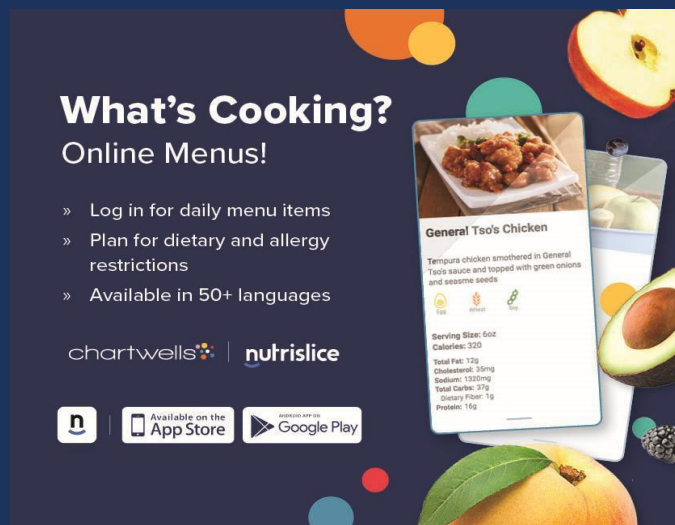
**We encourage all families to save time & money by participating in our meal program!** All meals will be nutritionally balanced with many exciting and delicious choices. You can also sign up for easy pay through my school bucks (see last page for more information & instructions on how to set up your account).

## Food Allergies and Special Dietary Needs

We recognize the critical importance of our approach in supporting students and families who manage food allergy issues every day. Therefore, we work closely with the families of students who have food allergies and medical conditions that require a modification to their menu. If your child requires a meal accommodation, please reach out to John Morris [John.Morris2@compass-usa.com](mailto:John.Morris2@compass-usa.com) and a modification plan can be put in place.

### Menus and Nutrition Facts at Your Fingertips

Through Nutrislice, an innovative app, students, parents and faculty have access to school menus, including nutrition information, allergens and photos. Nutrislice can be downloaded for free from the App store (iOS) or Google Play (Android) and is available on desktop and mobile devices. Please visit <https://www.newtown.k12.ct.us/SchoolNutritionAndLunchMenus> for our monthly menu link



**What's Cooking?**  
Online Menus!

- » Log in for daily menu items
- » Plan for dietary and allergy restrictions
- » Available in 50+ languages

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Available on the App Store | Google Play

**General Tso's Chicken**  
Tempura chicken smothered in General Tso's sauce and topped with green onions and sesame seeds.

Serving Size: 5oz  
Calories: 320

Total Fat: 17g  
Cholesterol: 35mg  
Sodium: 1320mg  
Total Carbs: 17g  
Dietary Fiber: 1g  
Protein: 16g

# Special Fall Events

## HIGH SCHOOL

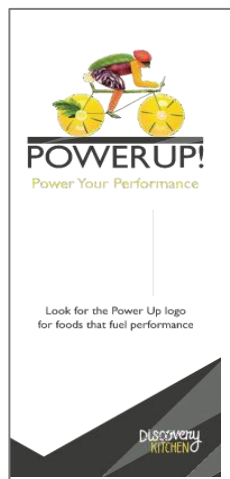
We will be starting a new soup program this fall that will roll out at the high school. This program was piloted this past December where we offered fresh, homemade soups; such as, Chicken Tortilla, which was the student's favorite. All soups are made from scratch and will rotate throughout the month. Our soups will meet all meal requirements under the NSLP.



Last spring, we held the first senior BBQ which was a big hit! We have decided to do this again along with a Fall Harvest Festival where we will have a local apple farms visiting us.

The food of course is the most important ☺ and we'll be serving homemade Apple Crisp and fresh Apple Cider. All students at the high school participate!

## DISTRICT WIDE EVENTS



We are excited to kick off the month of **September** with a focus on teaching students how to fuel their bodies with nutritious foods through a Power Your Performance theme. This is the first theme of the school year in our **Discovery Kitchen** series of interactive food and nutrition education

**October is Seed to Table** month in the cafes where we'll be engaging students with fresh recipes, delicious demos, and fun and informative nutrition education. **Seed to Table** is a celebration of fresh, seasonal, and local foods with an exploration of how students and families can have fun growing their own vegetables and herbs.

**The Global Eats Program** which will begin in **October 2023** will be a district wide concept featuring specific cultural cuisine to each school level. This concept will introduce delicious new recipes that feature unique ingredients and traditions of various cultures incorporated into school meals to keep menus and lunchtime exciting. These authentic recipes are created in partnership with a series of celebrity chefs who specialize in global cuisine. The program invites students on a food exploration that celebrates cultural heritages, traveling first through China, India, Italy and Mexico.



## K-MIDDLE SCHOOL



Recognized for helping students connect what they eat with how they feel in a fun and engaging way, *Food Management* magazine has named Chartwells K12's "Mood Boost" program the Best Management Company Concept of 2020. This award, given annually to the best concepts in foodservice across the country, highlights the most innovative and creative initiatives developed by onsite dining operators.

"The power of Mood Boost is transforming school cafeterias across the country into happier and healthier places," said Belinda Oakley, CEO, Chartwells K12. "While we can see the program is inspiring students to make food choices that can help them be more *confident, alert, smart, happy, strong and calm*, winning *Food Management* magazine's Best Management Company Concept award only reinforces our commitment to bring fun food discovery and engaging nutrition education programs to the schools and communities we serve."

Understanding the issue of mental health is top of mind for school superintendents and parents, Chartwells K12 set out to address the issue with a new concept that's breaking grounds in nutrition education and student engagement. Mood Boost, launched in Fall 2019, was designed to help K12 students make the connection between what they eat and how they feel. With a combination of engaging characters and cafeteria decor, on-trend recipes focused on mood-boosting foods and a variety of fun give-aways, Mood Boost is far more than an education program or an effort to get kids to eat new foods. Highlights include:

- **The "Moodies", a series of six fun and engaging characters** to help younger students recognize their different moods: Alert, Calm, Confident, Happy, Smart, and Strong.
- **Recipes kids love** that prominently feature at least one significant ingredient per mood. For example, Raspberries with Chocolate and Basil (Alert); Broccoli Salad with Raisins (Calm); Strawberry Avocado Smoothie (Confident); Citrus Chickpea Salad (Happy); Red Kidney Bean Hummus (Smart); and Portuguese Style Pork Bowl (Strong).
- **Giveaways including collectible trading cards** that feature the Moodies, information about key ingredients supporting each mood and recipes kids and families can make at home.

The elementary schools will begin the seven week program the week of September 18-22 with the Middle school and Reed Intermediate starting their seven week program the week of January 22-26.

# How to make PAYMENTS into your child's Lunch Account

There are 3 ways to place money onto your child's account:

**1. Cash:** Highly discouraged at this time, however, it will be accepted in any amount at any register at each school. Please send in the amount to be placed on account, change back is not always available for large bills.

## **2. Checks:**

- Written for a minimum of \$25
- Made out to **Newtown Food Service**
- Include your child's first and last name for reference.

**HIGHLY  
RECOMMENDED**

**Register now at: [myschoolbucks.com](https://myschoolbucks.com)**

**3. Online payment:** Credit card payments are accepted through the Newtown PS Website – Click on Parents at the top of page – Nutrition & Lunch Menus – Helpful Links on lower right – **My School Bucks** (please note there is a transaction fee charged which is explained on the website). Or click here [My School Bucks Home Page](#)

**!! Save time and make sure you child has funding by using the [autopayment feature](#) !!**

Our Point of Sale program works directly with **My School Bucks** to provide detailed information about your children's account, so you can view it FREE anytime! We strongly recommend that all parents sign into **My School Bucks** to access your child's account information.

From **My School Bucks** you can:


- View balances & receive low balance email reminders
- Check your child's spending habits
- View online account statement & make payments
- Set up automatic payments based on account balance


App also available:

MYSCHOOLBUCKS

## Go mobile

Download the MySchoolBucks app and get convenient access to meal balances, purchases, and make payments right from your phone.

Download on the  App Store

GET IT ON  Google Play