



Dear Suffield Families,

Welcome back to the 2018/2019 school year! This year we are continuing our relationship with Aramark for our food service operations. The same staff will continue to work hard to create well balanced and nutritious meals that appeal to all students.

Breakfast and lunch are served at all schools. The breakfast menu consists of bagels, yogurt, pancakes, and many other popular choices. Students have the option of bringing a bag lunch or purchasing a school lunch. The school lunch includes a choice of milk, two side items, and the featured entrée of the day. Children who bring lunch from home may purchase milk and snacks. Milk is \$0.50 and can be purchased with money from a child's account or by cash/check. The choice of snacks varies from day to day and they can be purchased with cash/check or money from a child's account. Children at AWS/MCA will be limited to purchasing one snack a day. If you do not wish to have your child purchase snacks with money from their account, please contact the food service director.

Monthly breakfast and lunch menus can be found on the schools website www.suffield.org; under the parent/student tab and the drop down of Food Service Program

Prices	Breakfast	Lunch
A W Spaulding	\$ 2.00	\$ 2.75
McAlister	\$ 2.00	\$ 2.75
Suffield Middle School	\$ 2.00	\$ 3.00 (\$3.25 for Premium Entrée)
Suffield High School	\$ 2.00	\$ 3.00 (\$3.25 for Premium Entrée)

Student Accounts:

All students in the Suffield Public Schools have a Food Service Account. This account must stay current with a zero or positive balance.

- All students have been assigned an ID number to access their lunch account which works like a PIN for an ATM machine
- Students can enter their student ID number into a PIN pad or scan their school id card at the cash register

Payment

Parents are strongly encouraged to setup a FREE account with www.myschoolbucks.com even if you do not use it to pay for meals so that you can track your child's account purchases and balance.

This account helps you keep track of your children's lunch account, offering several wonderful features, including the ability to:

- Check account balances
- Monitor daily purchases
- Receive email notification of low account balances

To set up an account through the Myschoolbucks.com website, simply log on to the Suffield Public Schools website (www.suffield.org), click on "Food Services," then click on "Myschoolbucks.com." All you need is your child's name, student ID number and school zip code. Your child's 5 digit ID is their student ID number which you can find in the PowerSchool Parent Portal. There is no fee to set up an account.

The following payment options are available for children wishing to purchase school lunch, milk or snacks from the cafeteria:

Prepay to the student's account

Prepayment is easy and convenient. It eliminates having to make sure your child has a lunch or lunch money every day. There are two ways to prepay:

1. Send a check/cash - Families may prepay using a check made out to "Suffield Food Service" (please be sure to write your child's full name and school on the check). Simply have your child bring the check to their classroom teacher (AWS/MCA) or the cafeteria (SMS/SHS). If you choose to send cash please, send it in an envelope with the student's full name, student number, and room number.

If you do send in a check and have multiple students, you may use the same check as long the students are in the same school. If your students are in different schools, please send in separate checks.

2. Families may prepay using a credit card at www.myschoolbucks.com. (Please note: a convenience fee of \$1.95 is added each time a deposit is made to the account. This is a bank fee and does not profit Suffield Public Schools or Aramark.) You can distribute the payment among more than one child if you have multiple children in the district without paying an additional fee.

Sending payments daily

1. Checks/Cash are also accepted daily. For AWS and MCA the money is collected in morning meeting. If you choose to send cash for an AWS/MCS student, please send it in an envelope with the student's full name, student number, and room number. This option is difficult for the younger students because it may get misplaced. At SMS and SHS, the cash is collected at the register.

When students do not have sufficient money in their account, they will be able to charge their lunch. However, they will only be able to charge their lunch three times. After that, if a child continues to have insufficient funds, they will be served a cheese sandwich on whole wheat bread with milk and two sides (which will still be \$2.75). Our food service director will send home insufficient funds notices on a weekly basis and families will be contacted again when children have a negative balance of \$7.00.

Free and Reduced-Priced Meals

Applications for free and reduced-priced meals are available at each school or online at www.suffield.org under the parent/student tab and the drop down of Food Service Program. Parents must return the completed form to their child's respective school office. Only one form is required per household.

Families who qualify for free or reduced-priced lunches also qualify for the same category of breakfast. If the income in your household changes during the school year, please feel free to fill out another application

We are proud to serve your child and encourage you to support our ongoing efforts to improve student health and well-being by participating in our Food Service program. For more information about our menus and programs, please visit www.suffield.org and to learn more about healthy school meals visit <http://www.fns.usda.gov>. We look forward to another successful year; please contact me directly with any issues, concerns or suggestions that you may have.

Thank you,

Ben Gashi
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Food Service Director
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Healthy for Life™

Healthy for Life™ is Aramark's commitment to create healthier environments and communities, by providing not only healthy foods but comprehensive nutrition and wellness education. The Suffield Food Service staff is looking forward to serving your children nutritious, great-tasting menus that support their achievements in school and promote healthy lifestyles.

We offer a variety of meal choices with one goal in mind: to provide outstanding service and high quality "kid-friendly" meals that meet or exceed the latest federal and state requirements. Suffield menus are designed to ensure that students receive a balanced meal, consisting of foods from all major food groups in the right proportions to meet calorie and other nutrient needs.

The products and the cooking methods we use conserve food quality and nutrients, while limiting the addition of fats, salt and sugar and eliminate frying. So although you may see popular items like pizza and chicken nuggets on the menus, be assured that your child's school meal selections contain healthy whole grains and are lower in fat and salt than what you find in grocery stores or restaurants. We will also be offering some different foods that your children may not have tried before, so please encourage your child to taste these items. They just might become a new favorite!

- All of the breads and grain products served for breakfast and lunch are whole grain-rich, ensuring plenty of fiber and other essential nutrients. Added trans-fats have been eliminated from all foods; and menus are planned to limit saturated fat and sodium to meet the new standards set by the United States Department of Agriculture (USDA) for school meals.
- Both the School Breakfast Program (SBP) and National School Lunch Program (NSLP) meal pattern and nutrition standards ensure that meals provide age-appropriate calorie levels ; offer a wide variety of fruits and plenty of vegetables every day, with a focus on nutrient-dense dark green, red/orange and legume vegetable selections along with healthy grains and lean proteins.
- School meals are planned based on 3 grade groups (K-5, 6-8, and 9-12) that naturally align with children's nutrition needs for growth and health.

We will continue to post signs on each service line to show students how to select a reimbursable meal, as well as to help them understand how their choices fit into the key food groups needed to ensure a balanced approach to healthy eating.

We encourage you to contact the Food Service Director with any questions or suggestions to improve our service and meal choices.