

SCHOOL LUNCH PROGRAM INFORMATION
2022-2023

MEAL PRICES:

For the 2022-2023 school year, middle and high school student lunches are \$3.00. Students may also purchase milk separately for \$.60. We also offer a variety of low-fat, low-sugar snacks, ice cream and beverages that range from \$.50 to \$1.50.

Our cafeteria serves breakfast daily from 7:10 a.m. to 7:45 a.m. The breakfast meal includes a variety of whole grain and lean protein options and is served with two servings of fruit or a fruit and a 100% fruit juice, as well as low-fat or fat-free milk. Ala carte items are also available for purchase at this time.

MEAL PAYMENT:

For your convenience, we encourage pre-payment of meals and snacks. Payment options are as follows:

- Create an on-line account with MySchoolBucks.com to have accessibility to your student's account and be able to deposit money on-line. (There is a link available on our website, nwr7.com, under District/Food Services/MySchoolBucks). PIN numbers for "new" students will be mailed in early August.
- Checks can be made out to: Northwestern Regional School and brought directly to the cashier to be deposited in your child's account.
- Cash is always accepted for deposit or just a single transaction.

OUR MEALS:

All of our meals are oven-baked or fresh-steamed. All of our bread and products are whole grain including pasta, rice, sandwich breads and rolls, breaded chicken and pizza crust.

All milk choices are 1% or fat free.

Students are offered a choice of four \$3.00 meals per day:

- **MAIN FARE:** Our hot meal of the day, vegetable of the day, up to 2 fruit and veggie cups and an 8 oz. milk.
- **DELI MEAL:** Freshly made sandwich choice, vegetable of the day, up to 2 fruit and veggie cups and an 8 oz. milk.
- **PRE-MADE SALADS:** Pre-made chef or cheese topped salad, 1 dinner roll, vegetable of the day, up to 2 fruit and veggie cups and an 8 oz. milk. Salad Bar is available with portion controlled components.
- **GRAB 'N GO BOX:** Smucker's PB & J uncrustable; yogurt, fruit, graham cracker. Students may also take an additional fruit, 2 additional vegetables and an 8 oz. milk.

Free and Reduced-Price lunches are available for qualifying families. An application is attached and is available for download on our website at <https://www.nwr7.com/district/food-services> or by calling Lisa D'Aprile at 860-379-8525 X 2614.