

What is School Lunch All About?!

The priority for the Trumbull Public School Food Service Program is to provide nutritious, tasty and affordable meals to support students learning environment at school.

Our meals are planned to meet strict nutritional standards set by the National School Lunch Program. Meal choices are offered to provide a variety of entrees, whole grains, fruits, vegetables and low or no fat milk with age appropriate portion sizes. Students that are offered a variety of foods are more likely to take and eat healthy foods.

We look forward to meeting you and your child as they start their school career in Trumbull. We hope this brochure provides helpful information about the school meal program and the healthy options available to your child at school.

Please feel free to contact me if you have any questions or concerns.

Be Well,

*Chris Molyneux
Trumbull Food Service
203/452-4500*



What's in a complete school lunch?

Students are encouraged to take all food groups offered with a school meal. These food groups include one grain, one protein, one fruit, one vegetable and one milk.

Choose at least one fruit or vegetable (but you may choose a total of 2)

- Garden Salad or hot vegetable of the day
- Mini Carrots
- Fresh Fruit – Sliced apples, Whole Apples, Bananas, Oranges, Seasonal Fresh Fruit
- Canned Fruit
- 100% Fruit Juice (offered 2 days per week)

Choose One Entrée:

- Hot entree of the day
- Deli Sandwich or Salad

Choose One Milk:

- 1% Low Fat Milk
- Fat Free Milk
- Low Fat Chocolate Milk.

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A la Carte Items are available at an extra cost and are NOT included in your school meal. These items include:
Ice Cream*Chips*Water*Pretzels*Cookies*extra entrée

What's in a complete Breakfast?

Choose at least one fruit or vegetable or Fruit Juice

Sliced apples*Whole Apples* Bananas*Oranges*Seasonal Fresh Fruit*Canned Fruit* Mini Carrots* Veggie Sticks

Choose a Grain or a Protein Entree:

Bagels*Banana bread*Nutrigrain Bars*Muffins*Breakfast Bars*Yogurt*String Cheese

Choose One Milk:

1% Low Fat Milk*Fat Free Milk*
Low Fat Chocolate Milk

Daying for School Lunches

The Trumbull Schools use a computerized point-of-sale program where students have an account that is ready to be used for the purchase of meals and snacks. Students will use the same number until they graduate high school or leave the district.

3 ways to pay for school meals:

Prepay at school with a check or cash, prepay online with MySchoolBucks or pay cash at the time of the transaction. Families may also qualify for free or reduced meals (see other side for more information)

Prepay:

Prepayments are welcome for all students beginning on the first day of school. All children may deposit money in their accounts for meals and a la carte items such as milk, ice cream and other snacks. All prepayments should be sent to the school kitchen for processing. Cash and check deposits are available for lunch the same day. Online payments take 24 hours to process.

Prepay with credit card at MySchoolBucks:

Parents may pay for purchases using a credit card and may check students balances using the MySchoolBucks website. To get started all you will need is your students name, school, ID number (not PIN/Bar Code number) and date of birth. Visit MySchoolBucks.com for more information

Please note that a fee of \$2.75 will be charged for each credit card transaction. The fee covers bank fees, the school does not receive any fee for processing.

Pay Cash:

Cash is accepted on a daily business

Need more information?

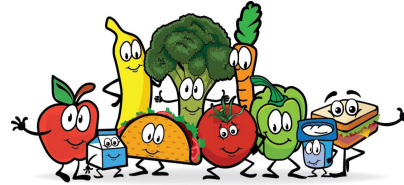
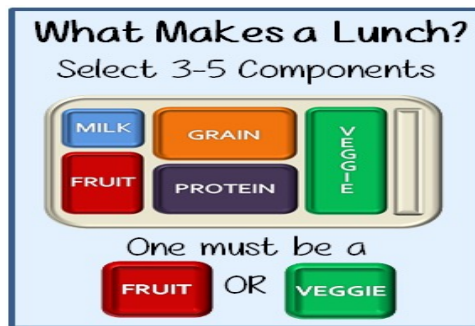
Visit our website at www.trumbullps.org

Here you will find useful information about the food service program in Trumbull including menus, payment options, free & reduced applications, frequently asked questions and links to some great nutrition related websites.

MEAL PRICES 2025-2026

Meals prices are available on the website and on the menus.

Students may purchase extra meals or other snacks at an additional cost



Free or Reduced Meal Program

The Trumbull Public Schools participates in the

National School Lunch Program

Students are encouraged to complete an application for free or reduced lunch even though meals are free for the start of the 2025-2026. Applying for free/reduced meals may make you eligible for other benefits as well as discounts in school programs.



TRUMBULL FOOD SERVICES 2025-2026

ANSWERS TO YOUR SCHOOL
LUNCH QUESTIONS



Director of Food Services
6254 Main Street
Trumbull CT 06611
203-452-4500

WE SERVE EDUCATION EVERY DAY
TRUMBULLPS.ORG

Trumbull Food Service – Deposit Slip

Name: _____

Room: _____

PIN/Bar Code: _____

Amount: _____