



Carlisle Public Schools

83 School Street Carlisle, MA 01741 Phone: 978-369-6550 Fax: 978-371-2400

Academic Excellence

Creativity

Respect

Responsibility

Dear Parents and Caregivers,

The Carlisle Public School's Lunch Program is committed to the mission of serving all children a nutritious, well-prepared meal in a safe and friendly environment, and we welcome and encourage the participation of your child/children.

Lunch prices will be free and second lunch will be charged according to what was purchased. All meals include an entrée choice with options of a vegetable, fruit and milk. Each child must take three out of the five components and one of the three must be a fruit or vegetable.

Parents are encouraged to take advantage of our easy and secure online pre-payment service. To deposit money into your child's meal account, please visit www.mymealtime.com. From this site, you will create your account and add money to your child's school meal account. If you choose not to take advantage of the online pre-payment service, you may continue to make advance payments by check, which should be made payable to "Town of Carlisle" or you may pay with cash.

After eating lunch, children have the opportunity to purchase a Smart A-List La Carte Snack. Students are never allowed to purchase snacks on their account just beverages, they must use cash for all snacks. All snacks are A-list approved by the John Stalker Institute and meet the Massachusetts schools competitive food and beverage standards. All nutritional information is available upon request. For a list of the A-list approved snacks please go to www.johnstalkerinstitute.org. Listed below are the items we are now serving.

Apple, orange, banana\$0.50

Fresh popped popcorn.....\$0.50

Reduced fat Doritos.....\$1.00

Lays oven baked chips.....\$1.00

Sparkling juice plain.....\$1.00

Welches fruit snacks.....\$1.00

Rick Krispy treats (whole grain).....\$1.00

***Large water: \$1.00**

***Small water \$0.50**

*Beverages may be purchased on their account.

Please note these snacks are subject to change.

If you have any questions, feel free to contact me.

Sara Bardzik
Food Service Director
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978-402-8666

Non-Discrimination Statement

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotope, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/ad-3027.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. **mail:**
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or
2. **fax:**
(833) 256-1665 or (202) 690-7442; or
3. **email:**
Program.Intake@usda.gov

This institution is an equal opportunity provider.