

Welcome Back!

Let's Talk Food

The Ins and Outs of School Meals

Gearing up to serve YOU!

Our staff has been hard at work planning menus, setting up kitchens, and preparing food to provide well-rounded, healthy, and delicious meals for student success. Afterall, a well-fed brain makes for a better learning experience!

Our Programs

Acronyms galore! Here's what you need to know about the programs we offer. Students can participate in any (and all) programs throughout the school day.



SBP: School Breakfast Program

A no-cost program that allows students to select a fruit and up to three (3) additional breakfast items to start the day strong.



BATB: Breakfast After the Bell

This program has been rolled out in some of our schools – allowing students to choose breakfast items (yes, including a fruit) on the way to the classroom.



NSLP: National School Lunch Program

Offered at no cost, this program allows students to choose up to five meal components for a nutritionally balanced meal.

No-Cost Meals for All Students

The state of Massachusetts offers free meals to all students with just one stipulation – all meals must include one (1) fruit or vegetable plus two (2) other components. This means that students have the agency to choose the foods that appeal to them most!

Why a Fruit or Vegetable?

Well, the data show that the majority of the students that select a fruit/vegetable will eat that fruit/vegetable. Full of fiber, water, vitamins, and minerals, these foods are crucial to brain development and student growth. Students can always find a fruit/vegetable in our "Extra Extra" station—a daily "salad bar" packed with fresh fruits and veggies!



extra.
extra



This institution is an equal opportunity provider.

August 2026

● Nutrition Education Programs

The school year will be packed with programs that serve multiple purposes:

- Introducing new and unique foods
- Providing opportunities for tasting events
Allowing students to choose potential future menu items
- Building familiarity with different types of cuisines
- Learning the connection between food, mind, body, and educational success

And so much more!

Global
Eats

chartwells
Discovery
KITCHEN

MOOD
BOOST

STUDENT
CHOICE
FOOD YOUR WAY

USDA Guidelines



All food items served comply with the USDA guidelines, which means that meals meet the following criteria:

- Breakfast cereals, yogurts, and flavored milks are lower sugar options.
- Less than 10% of total weekly calories will come from sugar.
- Greater than 80% of grains are whole-grain rich.
- Whole grain rich foods contain >50% whole grains.
- Sodium limits that are based on age and grade level.

How is that possible? Certain food products are specially formulated to ensure that meals meet the above criteria. So, we still offer some child favorites (like pop-tarts, cereals, and flavored yogurts) that are made uniquely for school foodservice!

Looking Ahead to September: Here's What We're Celebrating!

We're putting an extra emphasis on offering plant-forward recipes. Check out our vegetarian and vegan options!



Pizza Daze delivers a fresh take on a classic that students already can't wait to eat.



Hotdiggity dog! 🌭 Celebrate National Hot Dog Day on September 10th with Korean Beef Hotdogs at lunch!



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