

RSD#7 SCHOOL BREAKFAST/ LUNCH PROGRAM INFORMATION

2026-2027

MEAL PRICES:

For the 2026-2027 school year, middle and high school student lunches are \$4.25. **Student breakfasts are FREE to all Students this year.** Students may also purchase milk separately for \$.50. We also offer a variety of low-fat, low-sugar snacks, ice cream, and beverages that range from \$.50 to \$2.50.

Our cafeteria serves breakfast daily from 7:00 a.m. to 7:30 a.m. The breakfast meal includes a variety of whole-grain and lean protein options and is served with fruit, 100% fruit juice, and low-fat or fat-free milk. À la carte items are also available for purchase at this time. For the 2026–2027 school year, **Connecticut is providing free school breakfast to all students.** Students who qualify for a reduced-price lunch will now receive it **free** of charge. A la carte items are also available for purchase at this time. *Any negative balances that are accrued must be PAID IN FULL.* Weekly letters and phone calls will continue. Snack, a la carte, and 2nd meals purchases are not allowed when there is a NEGATIVE balance. *Carryover negative balances from previous school years will appear in PowerSchool and must be satisfied prior to graduation. Families are encouraged to clear any outstanding amounts within the same school year.*

MEAL PAYMENT:

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

- ☐ Create an online account with **MySchoolBucks.com** to have access to your student's account and be able to deposit money online. (There is a link available on our website, nwr7.com, under District/Food Services/MySchoolBucks). PIN numbers for new students will be mailed in August.
- ☐ Checks can be made out to NWR7 LUNCH and brought directly to the cashier to be deposited into your child's account.
- ☐ Cash is always accepted for deposits or single transactions.

OUR LUNCH 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 \$4.25 meals per day:

- ☐ **MAIN FARE:** Our hot meal of the day, vegetable of the day, up to 2 fresh fruits and veggies, and an 8 oz. milk.
- ☐ **DELI MEAL:** Freshly made sandwich to order, vegetable of the day, up to 2 fresh fruits and vegetables.
- ☐ **SALAD BAR:** Freshly made salad to order, croutons, 2 fresh fruits and vegetables, and an 8 oz. milk. Salad Bar is available with portion-controlled components.
- ☐ **GRAB 'N GO BOX:** Smucker's PB & J Uncrustable; bagels or hummus meals. Students may also take additional fresh fruits, vegetables, and an 8 oz. milk.

Free and reduced-price (reduced-price is free for the 2026-2027 school year) **lunches are available for qualifying families. An application is attached and available for download on our website at <https://www.nwr7.com/departments/food-services> or by calling Debra Sugerak at 860-379-8525 X 2614 or by email @ dsugerak@nwr7.org.**