



## Region 15 Food and Nutrition Services

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[Food & Nutrition](#)

Dear Region 15 Family,

I hope you are enjoying your summer!

### **IMPORTANT UPDATES: Free Breakfast and Free Lunch**

Due to an unexpected receipt of funds from the State of Connecticut, breakfast and lunch will be provided to our students at no charge at the start of the 2022-23 school year.

Pursuant to Public Act No. 22-118 (House Bill 5506), \$30 million of federal American Rescue Plan Act (2021) funds was allocated to the Connecticut State Department of Education (CSDE) for the Free School Meals for Children grant. The intent of this appropriation is for these funds to assist households, through school food authorities' (SFAs) continued provision of school meals at no cost to students for as long as possible in the 2022-23 school year as our districts transition back to normal operations of the National School Lunch and Breakfast Programs.

**Please note, we do not know how long breakfast and lunch will be available at no cost. At some point, we anticipate it will be before January 1, 2023 and then will resume charging for breakfast and lunch. We will provide families with notification prior to this change. We apologize for the inconvenience this change may cause and as always appreciate your flexibility.**

### **FREE AND REDUCED LUNCH INFORMATION:**

**Both breakfast and lunch are free at this time, but families are still encouraged to submit a free and reduced lunch application to receive additional benefits in the district and to eliminate the potential for any unnecessary charges.**

[Family Application for Free and Reduced Lunch](#)

[Parent Letter and FAQs for Free / Reduced Lunch in Region 15](#)

- Students that have current free or reduced eligibility from last school year will be effective until Friday, October 14, 2022.

- No paper application is required for any student who is eligible through the State of CT Dept. of Social Services.

If you have any questions about your student's eligibility for Free and Reduced Lunch please contact the Food and Nutrition Services Department at (203) 758-8259 ext 1038.

## **SCHOOL LUNCH & BREAKFAST MENUS for 2022-23:**

The Region 15 Food and Nutrition Services Department is making preparations to return to normal service. We are continuing to face issues with the supply chain that may cause us to alter our posted menus with little to no notice. We are working closely with our distributors to secure both the food and supply items needed to support our program. While it is our intention to serve the posted menu daily at every school, we may have to make changes without notice. Please know that we will always provide nutritious meals every day.

Menus can be easily accessed online at [Region 15 Menus](#)

## **SCHOOL BREAKFAST AND LUNCH FAQ:**

<i><b>What do I get with a Breakfast?</b></i>	Breakfast includes 3 items: A complete meal includes: Milk (skim, 1% white, nonfat flavored), one cup Fruit, and an Entree (Whole Grains/Protein).
<i><b>What items does my student need to take for a "Full Breakfast"?</b></i>	Students are required to take a complete entree including a half cup of fruit or 100% fruit juice.
<i><b>What do I get with a Lunch?</b></i>	Lunch includes 5 items. A complete meal includes: Milk (skim, 1% white, nonfat flavored), Fruit, Vegetable, Grains (whole grains), and Protein (including yogurt, string cheese, and hummus).
<i><b>What items does my student need to take for a "Full lunch"?</b></i>	Students are required to take at least 3 of the items for a "Full Lunch," including one fruit or vegetable.  <b><u>Note:</u> If a student does not take a "Full Lunch" or "Full Breakfast" they will be charged full price for the meal.</b>
<i><b>Can I get a second Lunch or Breakfast?</b></i>	If a student would like a second meal, they will need to purchase the second meal using funds on their meal account.
<i><b>Can I buy ala carte items?</b></i>	Ala carte items, including water, snacks, and milk, are available for purchase but please note they are not included in the free lunch/breakfast programs. Please note milk is \$0.50 if purchased separately.
<i><b>Are both breakfast and lunch served everyday?</b></i>	Yes, both breakfast and lunch are available everyday!

<b><i>What Choices do I have?</i></b>	Students have daily choices that include: a hot or cold entree, selection of low fat/fat free milk, fresh fruits and vegetables. Locally grown and seasonal produce will be offered whenever possible.
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## **PAYMENT OPTIONS:**

<b><i>How do I pay for breakfast and lunch at school?</i></b>	All breakfast and lunch is free at this time. If a student would like a second meal or ala carte snack they will need to use funds on their meal account.  Please see <a href="#">meal pricing</a> on Region 15 Food Service website.
<b><i>What is the price of breakfast and lunch?</i></b>	
<b><i>What is MySchoolBucks?</i></b>	For your convenience, an easy online payment system is offered to fund and view your student's meal account at <a href="#">MySchoolBucks</a> . Each family can create an account. Login and account information is available on the MySchoolBucks website. <b><i>Please note there is a service fee associated with this service.</i></b>
<b><i>Who do I write checks out to?</i></b>	Checks can be made payable to: <b>Region 15 Food Service.</b>  <ul style="list-style-type: none"> <li>• Elementary School Payments: Place all check(s) in a sealed envelope clearly marked with the student's name.</li> <li>• Middle School and High School students can give check(s) directly to the cafeteria staff.</li> </ul>

Thank you for supporting Region 15 Food and Nutrition Services!

Sincerely,

Meghan Sullivan, RD, CD-N  
Director of Food and Nutrition Services

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