

October, 2017

Dear Parents and Guardians,

Back to school is an exciting time for students and families, and with the beginning of the school year, we want to extend a warm welcome back to school and back to the café! Chartwells K12 and Ledyard Public Schools are eager to welcome you and your student back to the school café with new flavors, events, and food and wellness education that sure to inspire a healthy and fun 2017-18 school year!

Nutritionally Sound Menus

Chartwells K12 chefs and dietitians have been hard at work testing and developing our menus for the coming school year designed specifically for Ledyard students that include a wide variety of healthy and delicious options. These menus were created using student input from surveys, tastings and everyday conversations as well as local food trends, flavors and produce. All of our menu and a la carte items meet or exceed the USDA and Connecticut Department of Education nutritional guidelines.



Fresh Produce and Local Partners

Infusing fresh and local flavors into the school menu is a priority for us, and we are proud to support local farmers and companies, bringing students the freshest possible produce. We purchase our bread from Diana bakery and our milk is purchased locally from Hood Dairy. We also partner with Sardilli to bring fresh local produce to our schools. Last season we purchased locally grown peppers, tomatoes, corn, cabbage, kale, cucumbers and other produce from participating farms. This year we are so proud to announce that we will be picking our squash and tomatoes from the Agri-Science garden at Ledyard High School.

Mobile Menus are in Your Hands

Nutrislice brings the power of the school menu, nutrition and allergen information right to the palm of your hand! In addition to nutrition information, Nutrislice tells the café menu story with real photos taken by Chartwells chefs in schools, full menu descriptions as well as café event information, nutrition education and food stories helping students connect the foods they eat in the café to its origins and health benefits.



Nutrislice is available online through smartphones the web! Download the free Nutrislice App from the Apple Store (iOS) or Google Play (Android) Stores and search for your menus or find them on the web: ledyard.nutrislice.com

Meal Prices

Meal prices for the 2017-18 school year:

Meal	School	Paid	Reduced	
Breakfast	All schools	\$ 2.10	\$ 0.30	
Lunch	Elementary	\$ 2.75	\$ 0.40	
Lunch	Middle School	\$ 3.00	\$ 0.40	
Lunch	High School	\$ 3.00	\$ 0.40	Base Meal Price
Lunch	High School	\$ 4.00	\$ 0.40	Premium Meal Price (Sono Station, Boars Head ,deli station, create station, 2mato station and On the Go Station)
Milk is included with every meal; if your student needs to purchase a la carte, all 8 oz. cartons are \$ 0.50				

Meal Assistance Applications: Meal assistance applications will be sent to your home. If you need an additional application or a replacement please visit Ledyard Public School Web site at <http://www.ledyard.net> click district, then food service or visit your school’s main office to pick one up. One application will cover all the students in your household; there is no need to complete multiple applications for your family. **IMPORTANT: a new meal application must be completed for each school year,** if you are receiving assistance from last school year, that application and assistance will run out 30 days into the new school year.



Mobile and On-Line Prepaid Meal Options:

All of our cafeterias have state of the art point of sale cash registers. You may pre-pay for breakfast, lunch and snacks by visiting www.myschoolbucks.com. Download the free MySchoolBucks App from the App Store (iOS) or Google Play (Android) Store. You can also send a check/cash in with your student in an envelope with the student’s name and home room #, please make checks payable to Ledyard Board of Education School Milk Program.

Simply Good & Chefs2Schools:

Throughout the year, students will have the opportunity to learn about healthier food options through fun and engaging activities that we have planned in the school cafeteria through our *Simply Good* food and nutrition education program brought to the café by Chartwells chefs and dietitians. *Simply Good* has a culinary emphasis that focuses on healthier meal options, especially those with fruits, vegetables, whole grains and lean proteins. In addition, students will have the opportunity to meet and engage with real Chartwells chefs through fun, exciting culinary demonstrations and new food samplings.

From the Café to the Community

Chartwells K12 is excited to share new and continued community programs for the coming year, including an enduring commitment to anti-bullying awareness and prevention.

Best Regards,

Nizam Saad

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