



Dear Parents and Guardians of Regional School District #10 Students,

The Nutrition Services Department's goal is to not only meet but exceed the United States Department of Agriculture and the Connecticut State Department of Education standards for the National School Lunch Program. Students will enjoy a nutrition –based meal prepared with high quality fresh ingredients whenever possible. We purchase apples from Hayward Orchards. Our deli sandwiches and chef salads are made with Boar's Head Heart Healthy deli meats. Our students and staff will see a larger variety of whole grains, fresh fruit and vegetables, legumes and low fat and fat free dairy products. We are committed to providing nutritious, tasty and affordable meals to our students and staff supporting the educational process. We are very excited to inform you that for School Year 2017/2018 we will be serving breakfast in all of our schools. Studies have shown that well fed students have fewer absences and perform better academically.

Regional School District #10 certifies to comply with the Connecticut Nutrition Standards for Healthy Snacks, which focus on limiting fat, saturated fat, trans fat, sodium and added sugars and moderating portion sizes. Regional School District # 10 is also a participant of the Department of Defense Fresh Fruits and Vegetables Program making a variety of fresh fruit and vegetables available to our students on a daily basis.

In addition to the Hot Lunch of the day **Harwinton Consolidated School and Lake Garda School** students and staff will have the option of a Chef Salad Lunch including salad with ham, turkey and cheese, whole wheat dinner roll, fruit and milk and an Assorted Sandwich Lunch including choice of sandwich on whole grain bread, bento box lunch, veggie sticks, fruit and milk. Ice cream that meets the Connecticut Healthy Snack guidelines will be sold on Fridays. **The lunch price for School Year 2017/2018 is \$2.65, \$.40 for reduced priced lunch, milk is \$.50, and Adult Lunch is \$4.00. Ice cream will cost \$1.00. The price of School Breakfast is \$1.50 and \$.30 for reduced priced breakfast. Students who are eligible for Free or Reduced Priced Lunch are also eligible for Free or Reduced Priced Breakfast.**

Students and staff at **Har-Bur Middle School and Lewis Mills High School** will enjoy our Food Court with Hot Lunch Station, Pizza Station, Grill Station, Boar's Head Deli Station and Salad Station. All snacks and ice cream sold are on the approved Connecticut Healthy Snack List!! Breakfast items are available at Lewis Mills High School from 7:00am – 10:00am daily. **The lunch price for School Year 2017/2018 is \$3.15, \$.40 for reduced priced lunch, milk is \$.50, and Adult Lunch is \$4.00. The price for School Breakfast is \$2.00 and \$.30 for reduced priced breakfast. Students who are eligible for Free or Reduced Priced Lunch are also eligible for Free or Reduced Priced Breakfast.**

To create a free, secured account or to make payments to student lunch accounts visit www.MypaymentsPlus.com or call 866-459-2031. Student ID numbers can be obtained by calling 877-237-0946.

Call 860-673-2538 with any questions or concerns. Have a successful and healthy School Year.

Sincerely,
Margaret E. Dreher
Director of Nutrition Services

