

# Welcome Back Dining Newsletter

## Welcome Back!!

We couldn't be happier to have the opportunity to serve breakfast and lunch to students every day for the upcoming school year. Over the course of the year, we will be introducing new menu options, gathering feedback, and making other changes to enhance the mealtime experience. We will also be introducing fun and exciting programs, beginning this fall, and have provided some highlights in this newsletter. We want you and your student to look forward to mealtime at Newtown public Schools and we look forward to welcoming you back!

## In this issue:

**What Makes a Meal**  
**Meal Costs**  
**Free & Reduced Meals**

**Food Allergy Protocol**

**Events to Look Forward to This Fall**

**Making Payments to your Child's Lunch Account**



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John Morris  
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## What Makes a Meal

Newtown Public Schools participates with the National School Lunch Program, a.k.a. NSLP. Under the guidelines of this program, lunch and breakfast menus must meet the USDA's weekly dietary specifications (nutrition standards) for calories, saturated fats, and sodium. In addition, all food products and ingredients used to prepare school meals must contain zero grams of trans fats per serving.

Under the NSLP, there are five components required to make what's called a "complete meal". **At least three of these components must be selected at the time of purchase in order to meet federal guidelines.**

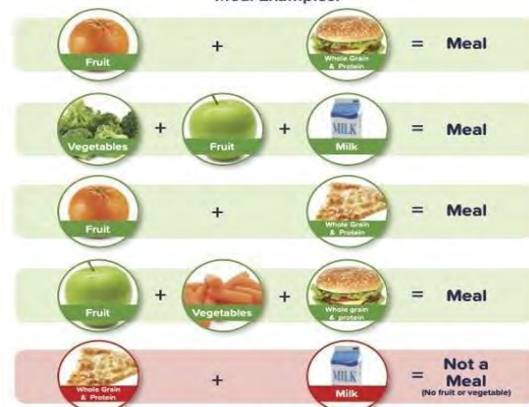
We have included the diagram below so you can see exactly what components make up a complete meal. Please explain this to you child which will help eliminate any confusion.

## Create a Meal

Take at least 3 food groups to create a meal

1. Select a 1/2 cup of Fruit or Vegetable (or both)
2. Pick at least two other food groups, such as Whole Grains, Protein, or a serving of Milk
3. Take a minimum of 3 food groups and a maximum of 5

Meal Examples:



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Newtown Public  
School District

# Meal Costs ~ Free & Reduced Meals

**An application is required in order to determine eligibility** (this application can be found on our website). Please send in your application asap!

Paid students will remain paid with no increase in prices over last year (see below).

	<b>Paid</b>	<b>Reduced</b>	<b>Free</b>
NHS Breakfast	\$2.45	\$0.00	\$0.00
NHS Lunch	\$3.60/\$4.50	\$0.00	\$0.00
NMS/REED	\$3.35/\$4.50	\$0.00	\$0.00
Elementary	\$3.10	\$0.00	\$0.00

**We encourage all families to save time & money by participating in our meal program!** All meals will be nutritionally balanced with many exciting and delicious choices. You can also sign up for easy pay through my school bucks (see last page for more information & instructions on how to set up your account).

## Food Allergies and Special Dietary Needs

We recognize the critical importance of our approach in supporting students and families who manage food allergy issues every day. Therefore, we work closely with the families of students who have food allergies and medical conditions that require a modification to their menu. If your child requires a meal accommodation, please reach out to John Morris [John.Morris2@compass-usa.com](mailto:John.Morris2@compass-usa.com) and a modification plan can be put in place.

### Menus and Nutrition Facts at Your Fingertips

Through Nutrislice, an innovative app, students, parents and faculty have access to school menus, including nutrition information, allergens and photos. Nutrislice can be downloaded for free from the App store (iOS) or Google Play (Android) and is available on desktop and mobile devices. Please visit

<https://newtownk12.nutrislice.com/menus-eula>  
for our monthly menu link

**What's Cooking?  
Online Menus!**

- » Log in for daily menu items
- » Plan for dietary and allergy restrictions
- » Available in 50+ languages

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Available on the App Store | Google Play

**General Tso's Chicken**  
Tender chicken smothered in General Tso's sauce and topped with green onions and sesame seeds.

Serving Size: 6oz  
Calories: 320

Total Fat: 12g  
Cholesterol: 35mg  
Sodium: 1320mg  
Total Carbs: 17g  
Serving Protein: 1g  
Fibers: 1g

# Special Fall Events

## Introducing Chickendipity

Chickendipity is all about letting students discover their flavor by offering mighty fine mouthwatering chicken tenders and sandwiches with a surprising selection of condiments to be used as a sauce or spread for an endless array of options.



## Fall Harvest Festival



The Fall Festival event will again be part of the Newtown fall Chartwells Events!

We will be serving various entrees' and seasonal garden varieties.

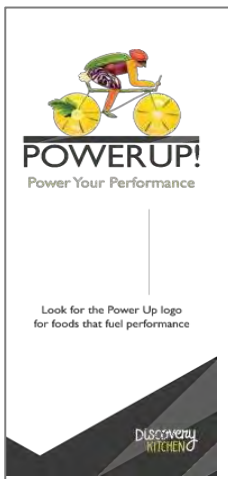
The food of course is the most important ☺ and we'll be serving homemade Apple Crisp and fresh Apple Cider.

## DISTRICT WIDE EVENTS

We are excited to kick off the month of **September** with a focus on teaching students how to fuel their bodies with nutritious foods through a Power Your Performance theme. This is the first theme of the school year in our **Discovery Kitchen** series of interactive food and nutrition education

**October is Seed to Table** month in the cafes where we'll be engaging students with fresh recipes, delicious demos, and fun and informative nutrition education. **Seed to Table** is a celebration of fresh, seasonal, and local foods with an exploration of how students and families can have fun growing their own vegetables and herbs.

**The Global Eats Program** which will begin in **October 2024** will be a district wide concept featuring specific cultural cuisine to each school level. This concept will introduce delicious new recipes that feature unique ingredients and traditions of various cultures incorporated into school meals to keep menus and lunchtime exciting. These authentic recipes are created in partnership with a series of celebrity chefs who specialize in global cuisine. The program invites students on a food exploration that celebrates cultural heritages, traveling first through China, India, Italy and Mexico.



# Global Eats

## K-MIDDLE SCHOOL



Recognized for helping students connect what they eat with how they feel in a fun and engaging way, *Food Management* magazine has named Chartwells K12's "Mood Boost" program the Best Management Company Concept of 2020. This award, given annually to the best concepts in foodservice across the country, highlights the most innovative and creative initiatives developed by onsite dining operators.

Understanding the issue of mental health is top of mind for school superintendents and parents, Chartwells K12 set out to address the issue with a new concept that's breaking grounds in nutrition education and student engagement. Mood Boost, launched in Fall 2019, was designed to help K12 students make the connection between what they eat and how they feel. With a combination of engaging characters and cafeteria decor, on-trend recipes focused on mood-boosting foods and a variety of fun giveaways, Mood Boost is far more than an education program or an effort to get kids to eat new foods. Highlights include:

- **The "Moodie's", a series of six fun and engaging characters** to help younger students recognize their different moods: Alert, Calm, Confident, Happy, Smart, and Strong.
- **Recipes kids love** that prominently feature at least one significant ingredient per mood. For example, Raspberries with Chocolate and Basil (Alert); Broccoli Salad with Raisins (Calm); Strawberry Avocado Smoothie (Confident); Citrus Chickpea Salad (Happy); Red Kidney Bean Hummus (Smart); and Portuguese Style Pork Bowl (Strong).
- **Giveaways including collectible trading cards** that feature the Moodie's, information about key ingredients supporting each mood and recipes kids and families can make at home.

The elementary schools will begin the seven week program the week of October 07-11 with the Middle school and Reed Intermediate starting their seven week program the week of January 27-31.

# How to make PAYMENTS into your child's Lunch Account

There are 3 ways to place money onto your child's account:

**1. Cash:** Highly discouraged at this time, however, it will be accepted in any amount at any register at each school. Please send in the amount to be placed on account, change back is not always available for large bills.

## **2. Checks:**

- Written for a minimum of \$25
- Made out to **Newtown Food Service**
- Include your child's first and last name for reference.

**HIGHLY  
RECOMMENDED**

**Register now at: [myschoolbucks.com](https://myschoolbucks.com)**

**3. Online payment:** Credit card payments are accepted through the Newtown PS Website – Click on Parents at the top of page – Nutrition & Lunch Menus – Helpful Links on lower right – **My School Bucks** (please note there is a transaction fee charged which is explained on the website). Or click here [My School Bucks Home Page](#)

**!! Save time and make sure you child has funding by using the [autopayment feature](#) !!**

Our Point of Sale program works directly with **My School Bucks** to provide detailed information about your children's account, so you can view it FREE anytime! We strongly recommend that all parents sign into **My School Bucks** to access your child's account information.

**From My School Bucks you can:**

- View balances & receive low balance email reminders
- Check your child's spending habits
- View online account statement & make payments
- Set up automatic payments based on account balance

App also available:

MYSCHOOLBUCKS

## Go mobile

Download the MySchoolBucks app and get convenient access to meal balances, purchases, and make payments right from your phone.

