



# OLD SAYBROOK Food Services

1111 Boston Post road, Old Saybrook, Connecticut 06475-2399

**Maureen Nuzzo**  
Director of Food Services

Dear Parents and Guardians,

August 28, 2018

Welcome back to the 2018-2019 school year! We are looking forward to another successful and healthful year of Food Services in Old Saybrook Schools.

We continue to participate in the **National School Breakfast Program** and **National School Lunch Program** at each of our schools. Our cafeteria staff is excited to offer students' favorite meals and a variety of new options we know they will enjoy that are healthy, well balanced and provide students the nutrition they need to succeed at school. We are proud to be a **"Farm to School"** District and a participant in **"Put Local on Your Tray"** and are working with local farmers to purchase and serve a wonderful variety of locally grown and made items for our meals this year. We appreciate your support of our efforts and look forward to serving your children fresh and nutritious offerings at school breakfast and lunch.

At **K.E. Goodwin Elementary School**, we are excited to announce we are using paper straws in our school breakfast and lunch meals as a commitment to the environment. We will continue to offer **"Breakfast at Snack"** where our cafeteria staff delivers **"breakfast bundles"** from our monthly menu to each classroom daily. The "breakfast bundle" is a nutritious meal your child can eat at snack time in his or her classroom as a convenient alternative to bringing one from home. Parents may pre-order breakfast bundles by calling the Goodwin Cafeteria at 860-395-3165. The cost for "Breakfast at Snack" will remain \$ 1.75 and lunch will increase to \$3.00.

At **Old Saybrook Middle School** we will be serving **"Breakfast in the Classroom"** daily from 7:50 am to 8:10 am. **"Breakfast Bundles"** will be delivered to students in their first period classroom so students may enjoy a nutritious breakfast and prepare for a great day of learning. Parents may pre-order **"breakfast bundles"** from our monthly menu by calling our Middle School Cafeteria at 860-395-3168 or by emailing [mscafe@oldsaybrookschoools.org](mailto:mscafe@oldsaybrookschoools.org). Orders placed for the same day of delivery **must be received by 7:30 am that morning** to ensure timely delivery. At lunch students may select from the daily hot meal and special as well as a large variety of **"grab and go"** salads, grilled cheese and sandwich meals. At **Old Saybrook Middle School** the cost for breakfast will remain \$ 2.25 and lunch will increase to \$3.25.

At **Old Saybrook High School** breakfast will be available in the **newly renovated "Lighthouse Cafe"** from 7:00 am to 9:55 am each morning. This is a great space for students to gather, relax, and feed their minds and bodies so they are ready to learn! Selections include: our "Smoothie Bar", "Cold Cereal Bar", Breakfast Sandwiches, whole grain breakfast pastry and our **NEW** Breakfast Pizza. At lunch, students may select from our **NEW "Grab & GO"** line featuring premium composed salads, awesome burgers, specialty pizzas, delicious panini's and Boars Head sandwich meals to minimize the wait time in the **Hot Lunch** line. Students may also **"Pre-Order"** lunch salads and sandwiches before 10 am daily. They can pick up from a designated cooler and not have to wait in the lunch line!! At **Old Saybrook High School**, the cost for breakfast remains at \$2.50. Hot lunch selection will increase to \$3.50 and Premium Meals will be \$4.50.

Milk and a wonderful selection of fresh fruit may be purchased a la carte at breakfast or lunch for \$0.65 each at all schools.

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*"The mission of the Old Saybrook Public Schools is to educate and prepare students to achieve their highest aspirations, care for others and the environment, and contribute to a global society by working in partnership with families and the community, and by engaging each learner in a rigorous, personalized, and meaningful educational program."*

The application for free and reduced meals will be distributed to all households by each school. This application may also be found on our website. You are encouraged to complete the application to determine if your child is eligible to receive free or reduced meals. For school year 2018-2019 we will once again offer **breakfast at NO CHARGE** for ALL free and reduced-eligible students. **Students who are eligible to receive a free or reduced lunch may ALSO receive one free breakfast AND one free or reduced lunch each day.** The reduced cost for lunch remains 40¢ at all schools. *At Goodwin and Old Saybrook Middle School, parents may pre-order a "breakfast bundle" to be delivered to their child every school day by calling their school cafeteria.* Students may also order a breakfast from their homeroom. We assure the confidentiality of this information.

**As a reminder, the charging of school meals is not allowed by Federal Law.** Parents are required to send cash or a check prior to student's purchasing breakfast or lunch. *However, **PLEASE NOTE: If there is evidence that a meal was not sent in from home, the student will be served a full reimbursable meal and their account will be charged accordingly.***

For payments, we encourage parents to send in a **check** so there is a record of the deposit made to your child's account. This helps avoid money being lost to pay for meals. Parents may make checks payable to **Old Saybrook Food Services (OSFS)**, noting the student's name, and those funds will be deposited onto the student's PowerLunch account. There is no additional cost to parents who send in a check to be applied to their child's PowerLunch account. We strongly encourage parents to sign up for "**low balance alerts**" through the parent portal in Power School so they will be reminded when their child's lunch account is low on money. Directions about how to receive "low balance alerts" may be found on the district Website under Food Services.

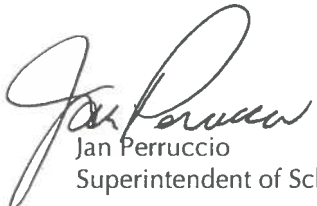
Our Point of Service (POS) program, **PowerLunch** will "debit" or deduct each breakfast or lunch meal purchased from the student's balance at each sale. This process will ensure a more efficient and confidential process moving the lines along more quickly and allow additional time for students to enjoy their lunch.

**On-line Payments** may also be made through **RevTrak**. Parents may sign onto the Powerschool Parent Portal and make deposits by credit card directly into their child's PowerLunch account. This year there will be a **5% transaction fee** for this service option. Parents who wish to deposit \$20 into their child's account will now only be charged \$1.00 for this service.

We are planning our menus to include selections we know students like, as well as many different foods they may not have tried before. Every student needs to be prepared to select at least one fruit or vegetable with his or her breakfast or lunch. Please encourage your child to try these new foods. They just might find a new favorite!

We look forward to serving your child this year and we welcome your feedback regarding our menus and choices. To find out more about our school nutrition programs visit our Web site at <http://www.oldsaybrookschoools.org>. Feel free to contact me at [mnuzzo@oldsaybrookschoools.org](mailto:mnuzzo@oldsaybrookschoools.org) or 860-395-3193. Have a great year!

*Maureen Nuzzo*  
Maureen Nuzzo  
Director of Food Services

  
Jan Perruccio  
Superintendent of Schools