

SCHOOL BREAKFAST & LUNCH PROGRAM 2019-2020

Enjoy a balanced meal!

The Montville School System participates in the National School Breakfast & Lunch Program which is regulated by the State Department of Education. Montville's School Nutrition Program is committed to providing nutritious breakfasts and lunches to school children. Important considerations used in designing and preparing meals include the USDA's Dietary Guidelines for Americans which encourage whole grains, fruits and vegetable consumption for increased fiber, vitamin and mineral intake, yet limit saturated fat and salt amounts. Check out www.choosemyplate.gov for dietary news and information on the food groups: fruits, vegetables, grains, protein and dairy.

Hot and cold lunch choices are offered at all levels (K-12th grade). A variety of a la carte selections approved as State healthy food snacks and beverages are also sold. Breakfast is served in all schools. Menus are sent home monthly with the elementary students. Monthly menus are also available on the web at www.montvilleschools.org, see Departments, Food Services.

A computerized meal accountability access system maintains meal sales information. Prepayments are encouraged at the start of the week or month to the cashier before class at breakfast. You may pay by cash or check to "Montville School Nutrition" or "MSNP". Please list student name on the check. Meal money is then available for students whenever they get lunch or breakfast. Please pre-pay to make the meal line move faster! Parents are responsible for paying for their children's meals. An online payment option is also available at www.MyPaymentsPlus.com or call 1-877-237-0946. Students money may go in a "general account" to get a meal or extra milk or water, or a "meal only" account, or money in both accounts to enable extra purchase of water or snacks plus meals.

Students enter their student identification number into a push pad by the cashier after getting their meal. The computerized meal accountability system can provide a report of student meal purchase activity by the student number or name for parents. Information on what meals or snacks a student eats is quickly accessible to parents online. Plus, there is no mention of free or reduce meal eligibility.

Lunches are \$3.00 at the elementary schools, \$3.25 at the middle school and \$3.40 at the high school. Breakfasts are \$1.75 at the elementary schools and \$2.00 at the middle school and high school. Lunches and breakfasts are served also for free or at a reduced price (\$.30 for breakfast and \$.40 for lunch) to children who meet income eligibility guidelines. They will receive an approved free or reduced rate letter from the Nutrition Program Office at Montville High School. At the beginning of each school year, Free and Reduced Family Meal Application forms to determine eligibility are sent home. To apply for free or reduced meals, households must fill out the application and return it to school. Additional forms are available at each school office, from the cafeteria manager, the school nutrition office or the school webpage: www.montvilleschools.org see Departments, Food Services. Applications are accepted throughout the year (reapply if your household size or income changes).