

# Shepaug Regional School District 12

11A School Street./ P.O. Box 386  
Washington Depot, CT 06794

Phone (860) 868-6100

Fax (860) 868-6103

August 2017

Dear Parents/Guardians:

## The Shepaug Valley School Cafeteria Serves Healthy Breakfasts and Lunches!

Our school cafeteria continues to meet the federal nutrition standards for all school meals, ensuring that meals are healthy and well-balanced and provide students all the nutrition they need to succeed at school. Now is a great time to encourage your children to choose school meals!

All school meals offer students milk, fruits and vegetables, proteins and grains, and they must meet strict limits on saturated fat and portion size. School meals will meet the below standards:

- age-appropriate calorie limits;
- larger servings of vegetables and fruits (students must take at least one serving of produce);
- a wider variety of vegetables, including dark green and red/orange vegetables and legumes;
- fat-free or 1% milk (flavored milk must be fat-free);
- whole grains; and
- less sodium.

We're always working to offer students healthier and tastier choices.

### OUR CAFETERIA IS COMPUTERIZED

The cafeteria's computerized system benefits the parents/guardians and student:

- time in line should be reduced;
- most purchases will be logged so you can see what foods your child(ren) have consumed;
- only food items can be purchased;
- cash cannot be taken out of an account;
- **PAY BY CREDIT CARD ONLINE at [www.myschoolbucks.com](http://www.myschoolbucks.com)** or; with a check weekly, monthly, or yearly. If you have any questions please call Ginger or Betsy in the cafeteria at 860-868-6226.

### Personalized Account Numbers for Students to Purchase Breakfast and Lunch Meals

Each student has an "account" set up as a debit account (not a credit account). This means that money is deposited into the account and then the student can purchase food items using that account. Each student will be assigned a personalized account number. At mealtime, students pick up their food items and punch their account number into the push pad located by the cashier. Cashiers will let the students know when their balances are getting low. Cash will still be accepted for those not enrolled in the pre-paid program. If there is money in the account, the purchases are deducted. If the student is eligible for the free meal program, the computer knows the status automatically and charges nothing, as if the student had money on account. If there is no money in the account and the student is not eligible for free meals, the purchase is charged and the student now has a negative account balance which must be paid the next day. **WHEN AN ACCOUNT BECOMES OVERDRAWN, ALL PURCHASES WILL BE ON A CASH BASIS UNTIL FUNDS ARE RECEIVED TO COVER THE DEFICIT.**

**BREAKFAST MEAL (served before school) \$2.00**

**LUNCH MEAL \$3.00**

Payments are to be delivered to the cafeteria or may be mailed to the following address: Shepaug Valley School Cafeteria, 159 South St., Washington, CT 06793. Please consider the **Credit Card Option** (see above), it ensures no lost funds and gives you a record.

Sincerely,

*Robert Giesen*

Robert P. Giesen, Business Manager

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Make checks payable to **Shepaug Valley Regional District 12 Lunch Program (Breakfast & Lunch Meals)**

Student Name: \_\_\_\_\_ Grade: \_\_\_\_\_ Amount \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Date: \_\_\_\_\_ Check # \_\_\_\_\_ Deposit Amount: \_\_\_\_\_

Parent Signature: \_\_\_\_\_