

National School Breakfast and Lunch

What Makes a Meal

ACES Schools participates in the National School Breakfast and National School Lunch Program. Under the guidelines of the program, breakfast and lunch 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 SBP and NSLP, there are four components for breakfast and five components for lunch are required to make what's called a "complete meal".

At least three of these components with one being a fruit or vegetable, must be selected at the time of purchase 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.
















School Breakfast Program

Build a Breakfast

Choose at least 3 food items including at least ½ cup of fruits or vegetables to build a breakfast. Choose 4 items for best nutrition!


1. Select at least ½ cup of fruits or vegetables (½ cup of fruit or vegetable is 1 item).
2. Pick a second serving of fruit, or some other foods like grains, protein, or milk.
3. Take a minimum of 3 food items.

Meal Examples:

	+		+		+		= Meal
	+		+		= Meal		
	+		+		= Meal		
	+		+		= Meal		
	+		= Not a Meal				

(No fruit or vegetable)

This institution is an equal opportunity provider.




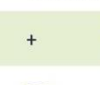










National School Lunch Program

Create a Meal

Take at least 3 food groups to create a meal


1. Select a ½ 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:

	+		= Meal		
	+		+		= Meal
	+		= Meal		
	+		+		= Meal
	+		= Not a Meal		

(No fruit or vegetable)

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Thamar Rodriguez
 DIRECTOR OF DINING SERVICES
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We are happy to announce that we are still CEP

All ACES students are free

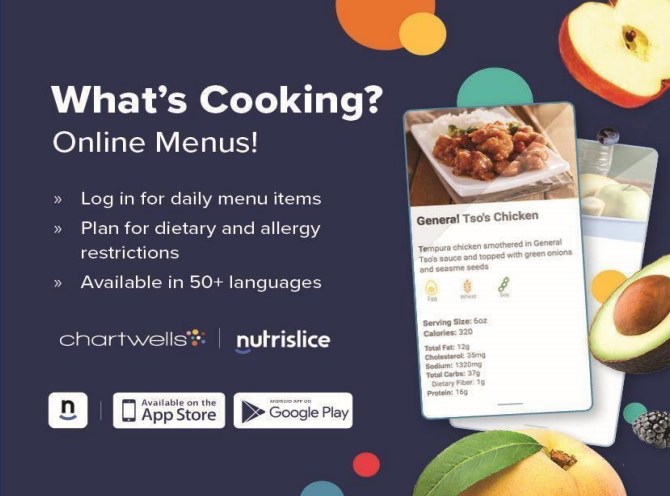
The Community Eligibility Provision (CEP) is a non-pricing meal service option for schools and school districts in low-income areas. CEP allows the nation's highest poverty schools and districts to serve breakfast and lunch at no cost to all enrolled students without collecting household applications. Instead, schools that adopt CEP are reimbursed using a formula based on the percentage of students categorically eligible for free meals based on their participation in other specific means-tested programs, such as the Supplemental Nutrition Assistance Program (SNAP) and Temporary Assistance for Needy Families (TANF)..

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 for Snacks sold at Wintergreen, Village, Mill and Chase through MySchoolBuck (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 Tamar Rodriguez thamar.rodriquez@compass-usa.com or trodriquez@aces.org and a modification plan can be put in place.

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 newfairfieldschools.nutrislice.com 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

chartwells | nutrislice

Available on the App Store | Available on Google Play

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

Serving Size: 6oz
Calories: 320

Total Fat: 12g
Cholesterol: 25mg
Sodium: 1320mg
Total Carbs: 37g
Dietary Fiber: 1g
Protein: 16g

How to make PAYMENTS into your child's Lunch Account

If a student would like to receive a second breakfast or lunch at cost, you can add funds to your child's account. There are 3 ways to place money onto your child's account:

1. Cash: Always 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:

- Made out to **ACES**
- Include your child's first and last name for reference.

**HIGHLY
RECOMMENDED**

Register now at: myschoolbucks.com

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

!! Save time and make sure you child has funding by using the autopayment feature !!

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

From MySchoolBucks 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.

