

# Welcome Back Dining Newsletter

## Welcome Back!

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 be introducing new fun and exciting programs this fall and wanted to share a few things you and your child can look forward to when it comes to mealtime.

### What Makes a Meal

ACES Schools participates in the National School Lunch Program (NSLP). Under the guidelines of the 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 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.

Thamar Rodriguez  
DIRECTOR OF DINING SERVICES  
[thamar.rodriguez@compass-usa.com](mailto:thamar.rodriguez@compass-usa.com)  
[trodriguez@aces.org](mailto:trodriguez@aces.org)

**aces**  
area cooperative educational services













National School Lunch Program

## 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:

|   |   |   |   |   |        |
|---|---|---|---|---|--------|
|  | + |  | = Meal                                  |   |        |
|  | + |   | +                                       |  | = Meal |
|  | + |  | = Meal                                  |   |        |
|  | + |   | +                                       |  | = Meal |
|  | + |  | = Not a Meal<br>(No fruit or vegetable) |   |        |

This institution is an equal opportunity provider.

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serving up happy & healthy

# 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](mailto:thamar.rodriquez@compass-usa.com) or [trodriquez@aces.org](mailto: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](http://newfairfieldschools.nutrislice.com) for our monthly menu link

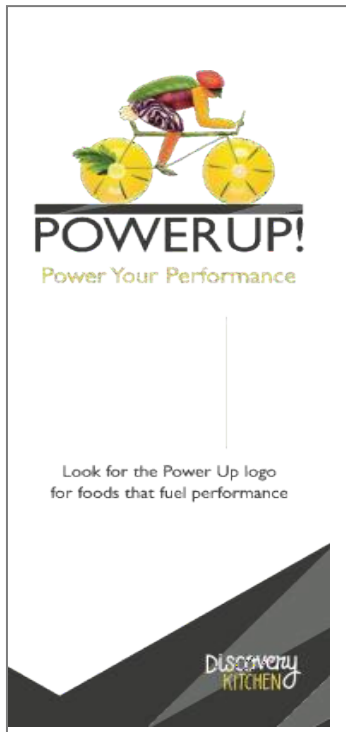
### What's Cooking? Online Menus!

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

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# Special Fall Events



## 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.

**October** is **Seed to Table** month in the cafes where we'll be engaging students with fresh recipes 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.

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 "Moodies", 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 Moodies, information about key ingredients supporting each mood and recipes kids and families can make at home



# How to make PAYMENTS into your child's Lunch 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](https://myschoolbucks.com)**

**3. Online payment:** Credit card payments are accepted through the New Fairfield Public Schools Website – Click on Parents at the top of page – Nutrition & 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.

