

Stonington Public School's participates in the national school meals program. Breakfast is served daily at every school and includes one serving of fruit or juice, two servings of bread and/or cereal (or one serving of bread and one serving of protein) and ½ pint of low-fat milk. We offer a wide variety of breakfast entrees each day, such as: cheese omelets, egg sandwiches on English muffins, biscuits or croissants, waffles, bagels, French toast, fruit turnovers, muffins and several choices of cereal. **All students who are eligible for free or reduced lunch are also eligible for free or reduced breakfast.** Reduced breakfast is \$.30 in all schools. A good breakfast is essential to proper nutrition, aids in concentration and gets the body up and running. Breakfast supplies the necessary "food for thought" that all students need! Breakfast prices this year will increase to:

Elementary School \$1.25 Middle and High School \$1.50

The lunch program offers a different entree every day as indicated on the monthly menu. Students not wishing to purchase the offered menu entrée may choose to purchase an alternative lunch. The elementary school alternative lunch is a variety of hot and cold sandwiches, the middle schools offer freshly prepared grinders or chef's salad, and the high school features a pasta station, grinder station and a full salad bar. All alternative meals are served with vegetables, fruit and milk. Milk is available for purchase each day in all schools for \$.50. New for this year offered at all schools is a calcium rich "bone builder" lunch consisting of yogurt, milk, cereal, fruit and a string cheese stick. Lunch prices this year will increase to: **Elementary \$2.50 Middle and High \$2.75**

For your convenience, we offer several different payment options. Students may pay daily at the time of service, or open a pre-paid account with any amount of money. Students using the pre-paid meal option will be assigned a three or four digit pin number which they will enter into a PIN pad each day they purchase a meal or milk. **Please note: Students will not be allowed to use accounts to purchase snacks.** Please place all pre-payment cash and checks in an envelope addressed with students name and pin number. If you do not know your child's PIN number, please call Tim Paquette at 599-0766. Make checks payable to: S.P.S. Nutrition Services.

To view account balances and make on line payments visit www.payschools.com. There is no fee to review account balances, however, Payschools charges \$2.50 for each deposit made. Any amount of money may be deposited. Yearly payment for elementary lunch is \$450.00. Yearly payment for middle and high school lunch is \$495.00. Unused balances will remain in student's accounts or can be transferred to a siblings account and can be used the next school year. Payschools will be available starting August 28, 2008.

Each student will receive a parent letter and application for free and reduced meals at the beginning of the school year. All eligible parents and guardians are encouraged to complete the applications. If your child received free or reduced meals last year, he/she may continue to do so, however, a new application must be filed as soon as possible. Families on food stamps or TFA are exempt from filling out an application if they submit to school a "Direct Certification" letter from the Department of Income Maintenance. If you have received this letter, please submit it to the school office so your child can receive free meals.

Please contact Tim Paquette, Food Service Director, at 599-0766 or email at tpaquette@stoningtonschools.org if you have any questions.