

**SCHOOL LUNCH PROGRAM INFORMATION**  
**2021 - 2022**

**MEAL PRICES:**

For the 2021-2022 school year Northwestern Regional Schools will provide one breakfast and one lunch daily at no cost to all students due to extension of the waivers from the USDA and the Connecticut Department of Education. **Second** meals will be charged to students: \$3.00 for lunch and \$1.90 for breakfast. Students may also purchase milk separately for \$.60. In addition, we offer a variety of low-fat, low-sugar snacks, ice cream and beverages that range from \$.50 to \$1.50 each.

Our cafeteria serves breakfast daily from 7:10 a.m. to 7:30 a.m. The breakfast meal includes a variety of whole grain and lean protein options and is served with two servings of fruit or a fruit and 100% fruit juice, as well as low-fat or fat-free milk. Ala carte items are also available for purchase at this time.

**MEAL PAYMENT:**

For your convenience, we encourage pre-payment of meals and snacks. Payment options are as follows:

- Create an on-line account with MySchoolBucks.com to have accessibility to your student's account and be able to deposit money on-line. (There is a link available on our website, nwr7.com, under District/Food Services/MySchoolBucks). PIN numbers for new students will be mailed in early August.
- Checks can be made out to: Northwestern Regional School and brought directly to the cashier to be deposited in your child's account.
- Cash is always accepted for deposit or just a single transaction.

**OUR MEALS:**

All of our meals are oven-baked or fresh-steamed. All of our bread and products are whole grain including pasta, rice, sandwich breads and rolls, breaded chicken and pizza crust.

All milk choices are 1% or fat free.

Students are offered a choice of four \$3.00 meals per day:

- **MAIN FARE:** Our hot meal of the day, vegetable of the day, choice of fruit and veggie cups and an 8 oz. milk.
- **DELI MEAL:** Freshly made sandwich choice, vegetable of the day, choice of fruit and veggie cups and an 8 oz. milk.
- **PRE-MADE SALADS:** Pre-made chef or cheese topped salad, 1 dinner roll, vegetable of the day, choice of fruit and veggie cups and an 8 oz. milk. Salad Bar is available with portion controlled components.
- **GRAB 'N GO BOX:** Smucker's PB & J uncrustable; yogurt, fruit, graham cracker. Students may also take an additional fruit, and vegetables and an 8 oz. milk.

**Free and Reduced-Price lunches are available due to the school's participation in the National School Lunch Program. Applications are available for download on line and are emailed prior to the state of each school year.**