



## Bellows Falls/ WNESU School District

Dear Parent or Guardian:

The 2016-2017 school year is upon us and Fresh Picks Café is pleased to once again manage your school's Food Service Program. Fresh Picks Café (a division of Café Services) is a locally owned and operated company dedicated to serving delicious, wholesome, quality meals that meet the latest nutritional guidelines. As a refresher, here are some of the features your children enjoy through your district's partnership with Fresh Picks Cafe:

### 1.) Menus:

**Bellows Falls Middle School** and **Bellows Falls Union High School** have the following stations offering a variety of daily lunch choices. **Signature Café** featuring "Home Made" Entrees, "Build it Bars" and "Tossed to Order" Entrée Salads; **Market Fresh** which features a daily selection of Entrée Salads as well as Fruit and Yogurt Parfaits; **Pizza** featuring quality Fresh Baked Pizza made with whole grain dough and low fat cheeses; **Café Express** offers Hot "Grab and Go" Sandwiches and the **Deli** at BFUHS serves "Made to Order" Deli Sandwiches.

**Central, Grafton and Saxton's River Elementary Schools** offers a wide selection of choices each day that include items such as **Market Fresh Salads & Yogurt Parfaits**, the **Signature Café Entrée** of the day and a **Downtown Deli Sandwich** option.

Additionally, the cafeterias will be open prior to school each day to provide a complete nutritious breakfast featuring a wide range of hot and cold breakfast meal options. All breakfasts are accompanied by a variety of fruit selections to enable students choose a full, healthy meal to start their day.

To help students understand what constitutes a full meal, our innovative **Strive for Five** program features signage and color coded items in the cafeteria to help students make choices that are nutritious, balanced and stay within USDA standards for a full meal.

Fresh Picks Café is proud to present our **Smart Snacks** line of healthier packaged snack, beverage, and homemade snack options. We have expanded our grill and sauté **Action Station** concepts to include your school. Visit the Fresh Picks Café website and watch for details and news flashes on these exciting programs.

2.) Meal Assistance Program: The meal assistance program is a federally funded program that provides reduced and free meals to families that meet USDA income guidelines. Please contact your school administrative office or the food service director to obtain an application. Complete the application (only one application per household is required) and return it to your child's school. You will then be notified of the benefit level for which you qualify. You can apply or reapply at any time during the school year should your financial situation change. The program is operated in strict confidence and all students go through the same checkout process in the cafeteria eliminating any distinction between students that are participating in the meal assistance program and those who are not.

Students on Meal Assistance Programs are entitled to a full meal from any of our stations at breakfast and at lunch. Snack items such as snack milk or snacks are available to all students for an additional charge.

For residents of areas serviced by Comcast – Comcast now offers high speed internet for 9.95 per month, low cost computers and computer training to families who qualify for USDA meal assistance. Please visit [www.internetessentials.com](http://www.internetessentials.com) for details.

3.) Automated Point of Sale System: The WNESU School District will use the automated point of sale system from "**mPower**". Parents will have 2 methods to fund their student's account.

**Option 1.** You may set-up an online account using a Credit/Debit card to make deposits into your child's account. In addition to providing you with a secure online payment option, the system will allow you instant access to details on what your child is purchasing in the cafeteria, as well as other convenience features such as automatic low balance alerts. This automated system will help increase the speed of service and allow students additional time for a more relaxing dining experience. Instructions for setting up your online account are available in print from your Food Service Director and posted on the Fresh Picks Cafe website.

**Option 2.** You may send a check with your child made payable to the **Rockingham Schools Lunch Program**. Please make sure to include the child’s name in the memo line. We encourage parents to either utilize the online payment method or to send in a check – cash can also be accepted, but is discouraged at the elementary school level.

Prepaid monies deposited by either method can be used for any purchases in the cafeteria, but at any time parents may contact the school food service supervisor and request that prepaid monies be used only for full meal purchases.

4.) Credit Procedure: There is a charging limit of \$10 per student in place. When students reach the charging limit, emergency meals will be provided while the school district makes attempts to contact parents/guardians. If balances are not paid after several emergency meals are served and attempts have been made to contact the family, students will be no longer allowed to charge meals. Please refer to the school district’s charge procedure for full information.

5.) Student Allergy / Special Needs Identification: If your student has a medically documented food allergy or special need when it comes to food, your food service director will work closely with the school nurse and other personnel to ensure that your child’s specific needs are met. Please contact your Food Service Director with details.

6.) Menu Distribution: Please follow the link on your school district’s website to visit the Fresh Picks Café website. There you will find menus, newsletters and a host of other information about your new food service provider. Schools may also choose to send printed menus home directly.

7.) Local Purchasing & Green Initiatives: Fresh Picks Café has a robust local purchasing policy, and buys from local farms and food producers as much as possible. We are a strong supporter of the Farm to School initiative. We are also active in recycling and composting efforts. We are always looking to build new relationships with local farmers and environmentally conscious groups – please feel free to contact your food service director.

More can be learned about Fresh Picks Café by visiting our website <http://www.freshpickscafe.com> , on our Facebook page <http://www.facebook.com/FreshPicksCafe> or by following us on Twitter @FreshPicksCafe.

***WNESU School District Food Service Director:***

*Rich Curtis 802-463-3944 ext \*232 bellowsfalls@cafeservices.com*

<b>Pricing</b>	<b>Lunch</b>			<b>Breakfast</b>		
	Full Price	Reduced	Adult	Full Price	Reduced	Adult
<b>Saxtons River and Central Elementary</b>	\$2.60	.00	\$3.80	\$1.65	.00	\$2.05
<b>Grafton Elementary</b>	\$2.65	.00	\$3.80	\$1.70	.00	\$2.05
<b>Middle School</b>	\$2.60	.00	\$3.80	\$1.80	.00	\$2.05
<b>High School</b>	\$2.85	.00	\$3.80	\$1.80	.00	\$2.05

A la carte Milk \$ .65

This institution is an equal opportunity provider.

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To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at:

[http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

(1) mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;

(2) fax: (202) 690-7442; or

(3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

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