



September 2022

Dear Collegiate Charter School of Lowell Parent/Guardian:

Welcome to a new school year! The Food and Nutrition department is committed to create healthier environments and communities, by providing not only healthy foods but comprehensive nutrition and wellness education. The Collegiate Charter School of Lowell Food Service staff is looking forward to serving your children nutritious, great-tasting menus that support their achievements in school and promote healthy lifestyles.

We offer a variety of meal choices with one goal in mind: to provide outstanding service and high quality "kid-friendly" meals that meet or exceed the latest federal and state requirements. Our menus are designed to ensure that students receive a balanced meal, consisting of foods from all major food groups in the right proportions to meet calorie and other nutrient needs. We are proud to announce that the Collegiate Charter School of Lowell and Revolution Foods will continue to add locally grown produce into the menu cycle.

We will also be offering some different foods that your children may not have tried before, so please encourage your child to taste these items. They just might become a new favorite! We will continue to participate in the Massachusetts Farm to School's Harvest of the Month program which is designed to promote different locally grown crops. The goal of the program is to increase the exposure of students' to seasonal foods.

All of the breads and grain products served for breakfast and lunch are whole grain-rich, ensuring plenty of fiber and other essential nutrients. Added trans fats have been eliminated from all foods; and menus are planned to limit saturated fat and sodium to meet the new standards set by the United States Department of Agriculture (USDA) for school meals.

Both the School Breakfast Program (SBP) and National School Lunch Program (NSLP) meal pattern and nutrition standards ensure that meals provide age-appropriate calorie levels ; offer a wide variety of fruits and plenty of vegetables every day, with a focus on nutrient-dense dark green, red/orange and legume vegetable selections along with healthy grains and lean proteins.

We are proud to serve your child and encourage you to support our ongoing efforts to improve student health and well- being by participating in our Food Service program. For more information about our menus and programs, please visit <https://www.revolutionfoods.com/> to learn more about healthy school meals visit <http://www.fns.usda.gov>. Please feel free to contact us at amurphy@lowell.sabis.net with any questions or concerns.

School Year 2022- 2023 Meal Prices

CCSL Students Can Eat Breakfast and Lunch for No Charge!

As part of the 2010 Healthy and Hunger-Free Kids Act, Collegiate Charter School of Lowell will begin offering free meals to all students this school year. For parents, that means no more forms to fill out, no online meal account to remember, no last minute scramble for change before the bus, and no more lunchboxes to pack. **All students can eat for free!**

What do parents need to know?

Your child can simply go to the cafeteria and eat breakfast in the morning. For lunch the student can simply enter the lunch line and take a meal. All students will still need to have their meals recorded at the register.

What is served at breakfast and lunch? What are my child's choices'?

During breakfast we offer two grains (or one grain and one protein), two fruits, and a milk. All your child needs to do is take at least 3 menu items (with one being a fruit) to be considered a free meal. During lunch we serve a grain, protein, vegetable, fruit, and milk. All your child needs to do is take at least 3 different items offered (one being a fruit or a vegetable) to be considered a free meal.

What if my child only wants a milk or a single item?

We are only reimbursed by the USDA for complete meals. If you child only wants a milk or a single menu items then those items are available for cash purchase on an individual basis; for example, milk costs 35 cents. In order to be free, your child must take a complete meal consisting of three different items (one being a fruit or vegetable).

For questions about your food and nutrition, our team is here to answer all of your questions. Please contact the Collegiate Charter School of Lowell's food service office at 978-458-1399 ext. 1144 or at amurphy@lowell.sabis.net

School Lunch: Good for Kids and Good for Your Wallet

As the cost of just about everything continues to increase, school lunch is one meal that is still a great value, both nutritionally and economically! It remains a bargain compared to alternatives, such as bagged lunches and off-campus restaurants. On average, it costs less to buy a school lunch than to bring a lunch from home. According to a meal-cost analysis, the estimated nationwide average cost of a lunch brought from home was \$3.43. Based on the national average, families can save \$243* a year if they choose school lunch.

PRESS RELEASE

Provided By: Collegiate Charter School of Lowell

September 2022 – Lowell – Collegiate Charter School of Lowell has implemented the Community Eligibility Provision (CEP). The Community Eligible Provision was enacted as part of the federal Healthy, Hunger-Free Kids Act of 2010. It allows eligible schools to offer free breakfast and lunch to all students regardless of household income and does not require families to submit a school meal application. Eligible schools are those in which 40% of the student enrollment is directly certified for free meals based on a) participation in SNAP, TAFDC, or Medicaid or b) homeless, runaway, migrant, foster or Head Start status. It does not include students who are categorically eligible for free meals based on a school meal application.

Studies conducted on CEP's effectiveness so far have been overwhelmingly positive. A recent report by the Center on Budget and Policy Priorities and the Food Research and Action Center found that schools that have participated in community eligibility for two years have seen lunch participation increase by 13 percent and breakfast participation increased by 25 percent. The 2014-2015 school year was first year the program was available nationwide, enabling thousands more high-poverty schools to take concrete steps toward reducing child hunger.

Collegiate Charter of Lowell

Carl Nystrom, Business Manager / Interim School Director

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