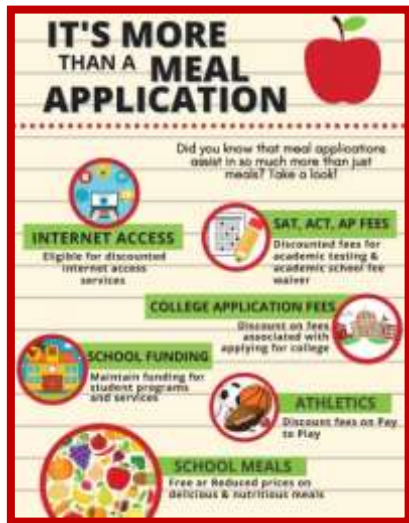


# Waterford School Dining and Nutrition Services



Waterford School Dining and Nutrition Services welcomes you back to school with great news! For the school year 2021-2022, Waterford Public Schools have opted to participate in the Seamless Summer Option (SSO) of the National School Lunch program. This means that all students enrolled in our schools are entitled to receive a **daily breakfast and lunch FREE** of charge! We are still accepting Free & Reduced applications. Please fill out for additional benefits (i.e. eligibility for programs such as Pandemic Electronic Benefit Transfer, discounted technology, Wi-Fi programs, and more).

Our [Free & Reduced applications](#) and [monthly menus](#) may be found on the district website for your convenience.

We take your child's health seriously. Our kitchens offer a variety of tasty, healthy breakfasts and lunches students can choose from every day. Menus are aligned with state and federal standards and our own Wellness Policy. We oven-bake rather than fry foods and we serve items made with reduced fats, sodium and sugars. We offer fresh locally grown produce, whole grains and lower-calorie, right-sized snacks. Waterford Public Schools follow the "offer vs. serve" model in an effort to educate and inform students on developing healthy food habits. This model empowers students to make healthy choices and reduce food waste.



# WATERFORD SCHOOL DINING & NUTRITION SERVICES

## Is Milk Free?

Milk comes with all of our complete reimbursable meals. A carton of milk alone to go with lunch from home is not free.

**However, because of the “Pick 3 = a Meal Option”, a student is allowed to choose a fruit, a milk and one other item to enhance their lunch from home for free.**



## Does your child have an allergy?

Check our website for allergy information and for the [medical meal modifications form](#) needed for our nurses & cooks to accommodate special diets as ordered by your child's healthcare physician.

## Food Supply Update

Nationwide food and supplies shortages have created uncertainty about the availability of items for school meal programs. In response, we sometimes have short notice of unavailable items and replacements. In addition, we occasionally have unusually short staffed child nutrition teams. We will do all that we can to serve our planned menus. However, substitutions may be necessary and menu variety may be limited. We appreciate your patience, flexibility and partnership as we work to overcome these challenges.

***Next Month - Be sure to check out our menus for fun “Wild About School Lunch” National School Lunch Week themed items from October 12<sup>th</sup> through 15<sup>th</sup>!***

◆ Staff & Adult Lunch meals are available for \$5.00 ◆ Call 860-444-5862 to set up accounts ◆