



Welcome to school year 2019-2020 from the CTECS Nutrition and School Meals Program!

The Nutrition and School Meals Program at CTECS promotes a lifetime of wellness by serving meals that are high quality, nutritious, enjoyable, and economical. We served over a million breakfast and lunch meals in school year 2018-2019, and we invite your student to become a valued customer this year.

The school meals served reflect nutrition standards established by the U.S. Department of Agriculture. Each week's lunch menu provides students with one-third of the recommended daily allowance for protein, vitamins A & C, iron and calcium, and one-third of the recommended energy intake for calories. School breakfast must provide one-fourth of these requirements over the week. All of our foods are baked or steamed as we do not have fryers operating in our kitchens. All of our bread and grain products are whole grain rich, and foods are low in saturated and trans fats and sodium. Fresh, local and seasonal fruits and vegetables are served at every opportunity.

At lunch, students are offered five meal components daily: meat or meat alternate such as cheese, eggs or beans; whole grains; a variety of fresh and canned fruit; a colorful selection of cooked and raw vegetables; and low fat milk. Each student must select at least three of the five offered components, including at least one fruit or vegetable choice to create a meal.

Breakfast is offered at each CTECS school at the start of the school day. At breakfast students are offered whole grains, lean meat or meat alternate such as eggs or yogurt, various fruit choices and low fat milk. To create a breakfast meal, students must select three items, one of which must be a fruit.

You can find the current month's breakfast and lunch menu [on our webpage](#) under School Meal Information.

The 2019-2020 prices for full priced meals are as follows: Breakfast – \$2.35; Lunch - \$3.35

Students who are determined to be eligible for free or reduced-price meal benefits may select one breakfast and one lunch each day. The reduced cost for breakfast is \$.30, and for lunch \$.40.

The application for free and reduced meals may be found at: <https://frapps.horizonsolana.com/CONV01>. Households may apply at any time during the school year and are encouraged to complete the application to determine if a child is eligible to receive meal benefits. **We strongly encourage families to [complete the application online](#) to expedite the approval process.** We assure the confidentiality of this information.

Please note that students who were eligible for free or reduced-price meals in school year 2018-2019 must submit a new application. Eligibility is carried over only for a limited number of days at the start of the 2019-2020 school year. For freshman new to CTECS, there is no carryover of this eligibility, all students enter the system as full-pay unless a 2019-2020 application has been submitted to CTECS prior to the start of school. The only exception to the requirement for a new application is for families that receive a letter from CTECS informing them of their student's eligibility due to direct certification based on information provided by the State of Connecticut (i.e., SNAP and HUSKY households). These households DO NOT need to, and should not, submit an application.

All BULLARD HAVENS, GOODWIN, GRASSO, KAYNOR, PRINCE, WHITNEY and WRIGHT Tech students now receive breakfast and lunch at no charge. Do not submit an application for students at these schools. *These schools now participate in the USDA Community Eligibility Provision (CEP), which is an alternative to the traditional meal application process allowing all enrolled students to eat at no cost.*

Each student in the CTECS system is assigned an individual identification number that they will retain for as long as they are enrolled in a CTECS school. All students, whether receiving free, reduced-price or full pay meals, will enter this number at the cashier station making their breakfast or lunch meal selections. This system prevents any overt identification of those students who receive free or reduced-price meal benefits.

We encourage parents to prepay by placing money in their students account. Cash transactions can be time consuming at the register, decreasing the amount of time your child has to eat. All students may put money on account, which is entered in their name in this computerized point-of-sale (POS) system. Funds on account may be used to purchase meals for full pay or reduced-price students, or for a la carte items. Deposits to student's accounts may be made in each school's main office. *Please note that the POS system is NOT a credit system, but works similar to a debit card. Students must have money in their personal account to purchase meals or a la carte items, or they will be asked to pay cash.*

It is the policy of the CTECS schools that students are not allowed to charge a meal. It is important that students bring money to purchase their meals and have it ready when they enter the serving line, or have money on their personal account.

- **Students will not be able to charge meals or a la carte items in the cafeteria.**
- If a student does not have funds to pay for a meal, they will be referred to an administrator.
- Parents/Guardians are encouraged to make prepayments to students' accounts in the school's business office. Checks should be made out to: *Treasurer, State of Connecticut*
- **If financial hardship exists, households are encouraged to apply for free or reduced-price meal benefits.**

The School Meals Team hopes your child will find the foods we offer to be appealing and to their liking. If you have any questions or concerns about the meals served in any of the CTECS schools, please contact the Nutrition and School Meals office at 860-807-2017. We look forward to serving your child this year!

Nutrition and School Meals office
Connecticut Technical Education and Career System