

August 2011

Dear Newburyport School District Students, Parents, and School Community:

The beginning of the school year is approaching, and we want to extend a warm welcome to let you know that **Chartwells School Dining Services** has exciting plans for your school meal programs. Our mission is to serve nutritious, well-balanced meals that appeal to our students and school community! We understand that although change is good, it is not without challenges - we will do our best to address any questions and concerns that may arise. Here is some general information that will be helpful to begin the new school year:

**Meal Prices:**

Lunches will cost \$2.50 in elementary schools (grades K-3) and \$2.75 in upper elementary & secondary schools.

	Breakfast (High School Only)	Lunch
Paid	\$1.50	\$2.50-\$2.75
Reduced	\$.30	\$.40
Adult	\$2.50	\$3.50

Milk is available with all meals. All 8 oz. cartons are \$.60 if purchased separately.

**Menus:**

You may see gradual changes with the menu, choices, and food presentation at all schools. We will be working with administrators, students, and parents to gain insight on how we can enhance our services. Menus are sent home upon request and on the school’s website under school lunch along with a link and instructions for making lunch pre-payments and the Free /Reduced Lunch Application for this year.

**Elementary Meal Programs:**

For the elementary students, we will be following an adventure of fun and nutrition education with the help of Theodore Eat, Sydney Learn and Ava Live – our nutrition characters who encourage students to eat healthy and be physically active. Watch for these characters on menus and signs throughout the cafeterias - they are our nutrition ambassadors! Students are offered a daily selection of: hot meal of the day with choice of two fruit & vegetable sides and milk. Weekly alternatives include a “Fun lunch”, freshly made complete meal in a grab and go container and our featured Sandwich or Salads, a complete meal with a selection of fruit, vegetables and milk. Be sure to check menus for special promotions, giveaways and nutrition information!

**Upper Elementary, Middle and High School Meal Programs:**

We understand that older students have a more sophisticated pallet, so we’ve planned appropriate enhancements to meet their needs. Here are a few highlights:

- Our food stations include: “Origins or Environments”, an assortment of traditional hot and cold favorites. “Trattoria/Crust & Stuff”, freshly made whole grain pizza/calzone station. The “Fresh Grill/Grab a Stack”, assorted hot sandwiches and “OutTakes”, a variety of prepackaged sandwiches, soups and salads. Our High School menu also features “Ready Set Deli”, fresh sandwiches and salads made to order, and “Extra- Extra” a cold fruit and vegetable bar - see menus for details!
- Increased offerings of whole grain items, items with reduced total fat and saturated fat, and locally grown fresh fruits and vegetables have been added to our menu.

**Balanced Choices:**

Our goal is to *nourish* our students. With this in mind, we have developed **Balanced Choices®**, our signature comprehensive wellness program that identifies healthier meals, snacks and beverage choices. These will be identified by our Balanced Choices logo on menus and at points of service throughout the cafeterias. All of our offerings contain zero grams of Trans Fats per serving.

**Other Information:**

To learn more about Chartwells, visit our website at [www.eatlearnlive.com](http://www.eatlearnlive.com). We’re excited about our partnership with the Newburyport School District and hope to provide a great program while becoming part of the community.

Please feel free to contact us at any time at [sseale@newburyport.k12.ma.us](mailto:sseale@newburyport.k12.ma.us) or 978-465-4460.

Sincerely,  
 Sheryn Seale  
 Director of Food Service  
 Chart wells School Dining Services