



# Guilderland CENTRAL SCHOOL DISTRICT

## FOOD SERVICES NEWSLETTER



### Dear Parents/Guardians:

The start of the 2023-24 school year is quickly approaching and the Guilderland Central School District Food Services Staff is busy preparing for the arrival of students and to once again serve them healthy, great-tasting meals. We know that successful academic performance starts with nutritious food so our goal is to provide well-balanced, appealing meals using the freshest products, purchased from local and regional farms and businesses. By giving students the opportunity to taste fresh, locally grown food items, we hope they develop some new favorites. Please encourage your children to try new items when we have them on the menu!

Be sure to read more about our Farm to School program as well as school meal prices and eligibility for free and reduced price meals in this newsletter. Feel free to contact me with comments, questions or concerns; the Food Services staff look forward to welcoming students back to GCSD cafeterias on the first day of school.

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If your student has a food allergy or medical condition, please contact our office to discuss menu options and planning



### FARM TO SCHOOL PROGRAM

For several years, GCSD has participated in the Farm to School Program, which provides fresh and local options for our students on a daily basis. With access to nutritious, high quality food, students are ready to learn and grow. This year we plan on significantly expanding our offerings by incorporating New York State-based products such as milk, yogurt, beef and produce. The district is proud to use fresh produce items while, at the same time, supporting local businesses. Farm to School empowers students and their families to make informed food choices while strengthening the local economy and contributing to vibrant communities.

### WHAT IS A STUDENT MEAL?

At both breakfast and lunch, we offer all the components needed to make a complete meal and students can take or decline as they wish. At breakfast, four components are available, including a variety of bread/grain, fruit, vegetable and milk components; students must choose a minimum of three. Menu items may account for one or two components.

At lunch we offer five components; students must choose a minimum of three and can take up to five. Lunch components include meat/meat alternative, bread/grain, fruit, vegetable and milk. Once again, menu items may include more than one component; for example, a cheeseburger is both the meat/meat alternative and the grain. To purchase a reimbursable breakfast or lunch, one of the components chosen **MUST** be a fruit or vegetable at both meals.



## HOW DO I PAY FOR SCHOOL MEALS?

- Options for food purchases include: cash, check or online payment.
- An automated point of sale system in all cafeterias allows parents to set up an account and view what their child is purchasing and their current account balance. This can be accomplished by visiting [www.schoolcafe.com](http://www.schoolcafe.com)
- Restrictions, low balance alerts and automatic withdrawals can also be set by calling the Director of Food Services.
- MS/HS students will use their student ID to access their account for meal purchases.
- If paying by check please make it out to Guildersland CSD Café with your child's name on the check.

**\*Please note:** you can add a statement on your child's account such as, "lunch only" or "breakfast only." Every child has the opportunity to eat both breakfast and lunch unless we have a note on their account that says otherwise.

**Did you know? All students are eligible to eat breakfast!**

## A LA CARTE PURCHASES

We sell a variety of a la carte items at all grade levels. All items sold follow the Smart Snack guideline laws as of 2014 which are as follows:

- 35% of total calories can come from fat and contain zero trans fat
- 200 mg of sodium per packaged item
- 200 calories per packaged item
- Beverages: Elementary 8 fl oz. max, MS/HS 12 fl oz. and 40 calories per 8 oz.

\*If there is money in your child's account or they have cash on hand, they can purchase a la carte snacks/beverages. If you want restrictions set or no a la carte purchases, please give us a call/e-mail.

### School Meal Prices

	Breakfast	Lunch
Free/Reduced	\$0.00	\$0.00
Elementary	\$1.95	\$3.00
Middle School	\$2.50	\$3.25
High School	\$2.50	\$3.25

## FREE & REDUCED

- Apply online, anytime, anywhere on [www.schoolcafe.com](http://www.schoolcafe.com). GCSD Food Services has made it quick and easy for parents to apply for free and reduced price meals. This free service enables families to receive program benefits faster than using the paper application. Your application is electronically submitted directly to the food service department for processing.
- Each school year a new application must be submitted (1 per household family) even if your child was receiving free or reduced meals the last school year. Applications are available in languages other than English; please contact GCSD Food Services to obtain one.
- If you do not complete and submit a new application each year, your child will be removed from the program and will have to pay full price for meals until a new application is completed.
- If you accrue a negative balance and then qualify for free/reduced, you are still responsible to pay for that negative balance.
- If your child is receiving free/reduced meals they can have a complete breakfast and lunch meal.

## Income Eligibility Guidelines for Reduced-Price Meals, July 1, 2023-June 30, 2024

Family Size	Annually	Monthly	Twice Per Month	Every Two Weeks	Weekly
1	\$26,973	2,248	1,124	1,038	519
2	36,482	3,041	1,521	1,404	702
3	45,991	3,833	1,917	1,769	885
4	55,500	4,625	2,313	2,135	1,068
5	65,009	5,418	2,709	2,501	1,251
6	74,518	6,210	3,105	2,867	1,434
7	84,027	7,003	3,502	3,232	1,616
8	93,536	7,795	3,898	3,598	1,799

**For each additional family member add:**

9,509

793

397

366

183