



August 2023

Dear Parent/Guardian,

We are looking forward to welcoming students back to school and the cafeteria for the 2023-2024 school year! To kick off the new year, we wanted to share a few things you and your child can look forward to when it comes to mealtime.

Meal Cost and Free and Reduced-Price Meal Applications

The Commonwealth of Pennsylvania recently announced that breakfast will once again be free for all students in the 2023-24 school year. In addition, for this year only, reduced – price eligible students will receive lunch for free. Lunch will cost \$3.00 for elementary, \$3.25 for middle schools and \$3.60 for high school.

We encourage all families, regardless of income, to complete and submit a short, confidential school meal application prior to the start of the school year to ensure that there are no gaps in meal benefits for students who qualify for free or reduced-price meals. Parents or guardians can find more information on our website [HERE](#). It is an easy and confidential way to ensure your child stays well-nourished at school.

In addition to giving kids the chance to try new foods and cut back on food waste, school lunch provides students with healthy, balanced, and safe meals at an affordable price, while saving families time.

Menus, Nutrition Facts, at Your Fingertips

School menus, including nutrition information and allergens are available through Nutrislice. You can access them through the free Nutrislice app or online at <https://soudertonsd.nutrislice.com/>

Food Allergies and Special Dietary Needs

We recognize the importance of supporting students and families who have food allergies and medical conditions that may require a modification to their menu. If you would like your child to receive meal accommodations, please visit insert link [HERE](#) for information about our process.

Programs that Encourage Fun and Discovery

Chartwells continues to inspire healthy eating habits and spark a culinary curiosity to last a lifetime through fun and engaging programs, including:

- **For elementary**
 - **Discovery Kitchen:** Designed to make nutrition education fun and entertaining, we encourage students to try new foods, and learn about what they're eating.
 - **Mood Boost:** This innovative program helps elementary students connect what they eat with how they feel. It features recipes and characters that focus on six moods: Smart, Happy, Confident, Alert, Strong and Calm.
- **For middle and high school**

- **Student Choice:** Bringing the latest food trends to school menus, we give students a voice in deciding what new menu items will be available.
- **Global Eats:** New this year! Highlighting the unique ingredients and authentic flavors from cuisines around the world, Global Eats brings a world of flavors to the cafeteria.

By sharing our passion for great tasting food, instilling a desire for food discovery, and most importantly, providing nourishing meals, we are excited to continue serving up happy and healthy to your children in the year ahead.

We love hearing from parents, and your feedback is important to us! Please reach out to our team with any questions or comments. We're looking forward to a great school year!

Thank you,
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