



Welcome to school year 2022-2023 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, student-friendly and economical. We served over 710,000 breakfast and lunch meals in 2020-21 under extraordinarily challenging circumstances! We continue to offer balanced and appealing meals to students and we invite your children to become a valued customer this year.

All school meals served reflect nutrition standards established by the U.S. Department of Agriculture (USDA). These standards are based on the Dietary Guidelines for Americans and provide 1/3 of the daily recommended amounts of 8 essential nutrients and limits on fats, calories and sodium at lunch, and ¼ of the recommended amounts at breakfast. Fresh, local, seasonal fruits and vegetables are served whenever possible.

At ***lunch***, students are offered five different meal components in age appropriate portions:

- Meat or meat alternates including cheese, eggs or beans/legumes
- Whole grain rich grains including rice, pasta, breads and rolls
- Fruits: canned in natural juice or light syrup; fresh, frozen or dried
- Vegetables: canned, fresh or frozen
- Milk: 1% unflavored or fat free flavored

Each meal must include at least 3 different components including at least one fruit or vegetable serving.

At ***breakfast***, students are offered the same five types of foods in age appropriate portions and a breakfast meal must include at least 1 fruit serving plus 2 other component servings.

[Current menus can be found on our webpage](#) under School Meal information.

Under a special USDA program provision all meals are served to all students AT NO CHARGE! There is no need for a paper application or other criteria for free meal eligibility.

The School Meals Team hopes your child will find our menus appealing and inviting. For more information or if you have questions or concerns about our program, please contact the Nutrition and School Meals office at 860-807-2191. We look forward to serving your child this year!