

August 2025

Dear Parent/Guardian,

We're excited to welcome students back to the cafeteria for the 2025–26 school year! As we prepare for the new year, here's a quick look at what you and your child can expect, including what's available in the cafeteria, meal pricing details, how to apply for free or reduced-price meals, our approach to managing food allergies (including required documentation), and a preview of the new recipes, meal concepts, and programs coming this fall.

Delicious, Nutritious Foods Kids Love

Our team of chefs and dietitians at Chartwells is introducing even more variety to our menus this year, featuring new kid-approved recipes, and continuing to offer consistent favorites. All items served meet USDA National School Lunch Program (NSLP), School Breakfast Program (SBP), and Smart Snack guidelines.

- In **K-5 Schools**, students can choose from 3 entrees daily, including a Vegetarian option. Meals come with low-fat white or flavored milk and a variety of fresh and prepared fruits and vegetables. A la carte items such as Bottled Water & Milk will be available for purchase.
- In **Middle and High Schools**, students will have 10 entrée options each day, also including vegetarian selections, plus fruits, vegetables, and low-fat white or flavored milk. A la carte items like bottled drinks and packaged snacks will be available for purchase at the Middle/High school locations.

School meals are a reliable way to ensure students get nutritious, balanced meals while reducing food waste and easing the burden of rising grocery costs on families.

Programs that Encourage Fun and Discovery

We're making school meals fun and educational with programs that promote discovery and lifelong healthy habits:

- **Global Eats:** Explore cuisines from China, India, Italy, Mexico, Korea, and the Caribbean.
- **Discovery Kitchen:** Monthly themes get students cooking, tasting, and learning about nutrition.

Meal Costs & Applications for Free or Reduced-Price Meals

For the 2025-26 school year:

ELEMENTARY

- **Breakfast will cost: \$1.30**
- **Lunch will cost: \$2.70**

MIDDLE AND HIGH SCHOOL

- **Breakfast will cost: \$1.45**
- **Lunch will cost: \$2.95**

Free or reduced-price meals are available for qualifying students. We encourage *all* families to complete the short, confidential meal application – even if you don't think you qualify – to avoid any gaps in benefits and to support school funding efforts.

Applications can be submitted:

- **Online:** https://www.myschoolapps.com/Home/DistrictRedirect/ESTPROVIDENCE_RI

In addition to their daily meals, kids may have the opportunity to purchase retail and a la carte items in the cafeteria. Please be sure to add funds to your student's account @ myschoolbucks.com

Food Allergies & Special Dietary Needs

We are committed to safely supporting students with food allergies or medical dietary needs. Our approach includes collaboration among families, school nurses, administrators, and food service staff.

To request a meal accommodation:

- Submit a **Medical Statement** signed by a licensed medical provider (physician, physician assistant, or nurse practitioner).
- The statement must include:
 - o Information about the child's impairment that is sufficient for understanding how it restricts the child's diet,
 - o An explanation of what must be done to accommodate the child's disability, and
 - o If appropriate, the food(s) to be omitted, texture modifications, and recommended substitutions.

Menus and Nutrition at Your Fingertips

Stay informed with **Nutrislice**, a free app that provides menus, nutrition info, allergen details, and photos. Download from the **App Store or Google Play**, or visit <https://epschoolsri.nutrislice.com/>

Note: Product substitutions may occur that affect allergens or nutritional content. If substitutions are made, meals may differ from posted menus to ensure safety. While we strive to update Nutrislice in real time, it's best to check directly with the cafeteria manager for allergy-related questions. Please remind your child to speak with cafeteria staff about any food concerns.

Celebrating Our School Lunch Heroes

Our cafeteria staff is a constant source of support for students throughout their school years. These dedicated team members work hard every day to make mealtimes nutritious and enjoyable.

We're proud to share our passion for food, discovery, and nutrition with your children. If you have questions, feedback, or suggestions, we'd love to hear from you. Here's to a happy and healthy school year!

Sincerely,
Melissa Read
Director of Dining Services
East Providence Public Schools
mmread@epschoolsri.com