

Food for Thought

Everything you need to know about the new meal program

Food program sure to please all palates

Important reminders:

- Free and reduced lunch applications are due Sept. 30. The form is under the “parents and students” tab on whschools.org.
- Snacks can be purchased with cash only.
- Meal prices haven’t changed.
- Pay school remains the online payment service for meal accounts. It’s under the “parents and students” tab.

Bon a petit

Here is a sampling of the new menus.

- Stir fry of chicken, rice, peppers, onions, carrots, broccoli
- Philly cheese and steak grinder
- BBQ rib sandwich, baby carrots with dip
- Nachos/tacos station



Parents, guardians and students: Welcome to a new school year and a revamped food services program that offers a fresh approach for encouraging kids to eat balanced meals and try foods outside their usual hot lunch repertoire.

The school district began partnering with Sodexo—a company that works with schools, colleges and businesses—for the food service program this summer. We hope to improve food quality and variety and prevent the meal program from continuing to lose money.

The transition has gone smoothly, and the district is monitoring the



Above: Lift-Off and Sodexo employee Kate Murphy quiz kids on nutrition. Below: Sodexo employee Joe Walsh makes stir fry.

progress, while making a few tweaks. So far, the average number of meals sold per day has risen at all schools.

From expanding menus, to inspiring kids to taste new foods (kiwis, snow peas and more), to even

selling pre-sliced oranges (instead of letting youngsters wrestle with the hard-to-peel skin), the new program is re-defining food services.

Here are some reasons why we hired Sodexo:

- Administrators and staff now have more time and money for educating students.
- Addresses prior concerns for food quality.
- Satisfies requests for improved menus, more variety and healthier meals.
- Creative promotions result in more engagement with students.

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Coming to a school and cafeteria near you

Over the next few weeks, you’ll see:

- A food services committee composed of parents, students and staff meeting quarterly.
- A breakfast and exercise session before school starts, possibly piggy-backing off of the Community House’s morning care program.
- A Sodexo website of school menus, online payment ac-

cess, nutritional info, free and reduced lunch forms.

- More cooking demonstrations and visits from Lift-Off, the Sodexo nutrition mascot.

For more information, visit whschools.org.



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Meet your new food services director

Meg Kingston oversees food service operations and is stationed in the high school, although she pitches in occasionally in school cafeterias. Meg is a 1981 graduate of WHHS and has worked as a general and area manager for Sodexo, a dining hall manager and in human resources at Yale University, and in the k-12 area for Whitson’s Food Service. “My goals are to ensure West Haven students are offered nutritious meals, as well as a fun food service program that will be the example for school lunch in Connecticut,” she says.



Vending machine and snack Q & A

Q: Why are vending machines back in West Haven High, Bailey Middle and Carrigan Intermediate Schools?

A: The new food program aims to give more options.

Q: What products do they sell?

A: Healthy fruit juices and other snacks on the government healthy food list. Find the list online at:

<http://1.usa.gov/18n0bpr>.

Q: Is it healthy for kids to eat that kind of food?

A: Yes, as part of a

balanced meal.

Q: Do elementary schools have vending machines?

A: No.

Q: Are non-vending machine snacks being sold at all schools?

A: Yes, at the end of lunch lines. They’re on the government list of approved foods.

Q: Does my child have to purchase a meal to get a snack?

A: No. Your child can bring a meal and still purchase a snack.

Buildings	Breakfast Prices	Lunch Prices
High school	\$1.25 Reduced 30¢	\$3.25 Reduced: 40¢
Bailey, Carrigan	\$1.25 Reduced 30¢	\$2.75 Reduced: 40¢
Elementary	\$1.00 Reduced: 30¢	\$2.50 Reduced: 40¢

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- Saves tax dollars, as the prior program operated at a loss and required district funds to plug the hole.
- New “profits” must go back into the program for equipment or other expenses.
- All workers remain and continue offering familiar, friendly faces to kids. Workers will stay unionized and are key to the program’s success.

So check out this fact sheet, and join us as we think outside the lunch box.

“The first thing they noticed was the variety and choices, and they were in love with that. It made them feel more grown-up. We haven’t given them a bag lunch yet this year.”

Kevin Fowlkes, on his second-grade twin daughters and the new food service program

“Kids are eating more this year, instead of throwing food away. They don’t have to eat the main course and can take a salad and sandwich.”

School nurse Sandy McCauley

They have pizza, sandwiches and salad every day, in addition to hot lunch. The variety is really good for students. I personally really like the salad bar, and I heard a lot of other students do, too.

WHHS student Catherine DePino