



Dear Lowell Public School Parent/Guardian:

Welcome to a new school year! The Food and Nutrition department is committed to create healthier environments and communities, by providing not only healthy foods but comprehensive nutrition and wellness education. The Lowell Public Schools Food Service staff is looking forward to serving your children nutritious, great-tasting menus that support their achievements in school and promote healthy lifestyles.

We offer a variety of meal choices with one goal in mind: to provide outstanding service and high quality “kid-friendly” meals that meet or exceed the latest federal and state requirements. Our menus are designed to ensure that students receive a balanced meal, consisting of foods from all major food groups in the right proportions to meet calorie and other nutrient needs. We are proud to announce that the Lowell Public Schools Food and Nutrition Department will continue to add locally grown produce into the menu cycle.

We will also be offering some different foods that your children may not have tried before, so please encourage your child to taste these items. They just might become a new favorite! We will continue to participate in the Massachusetts Farm to School’s Harvest of the Month program which is designed to promote different locally grown crops. The goal of the program is to increase the exposure of students’ to seasonal foods.

- All of the breads and grain products served for breakfast and lunch are whole grain-rich, ensuring plenty of fiber and other essential nutrients. Added trans fats have been eliminated from all foods; and menus are planned to limit saturated fat and sodium to meet the new standards set by the United States Department of Agriculture (USDA) for school meals.
- Both the School Breakfast Program (SBP) and National School Lunch Program (NSLP) meal pattern and nutrition standards ensure that meals provide age-appropriate calorie levels ; offer a wide variety of fruits and plenty of vegetables every day, with a focus on nutrient-dense dark green, red/orange and legume vegetable selections along with healthy grains and lean proteins.

We are proud to serve your child and encourage you to support our ongoing efforts to improve student health and well-being by participating in our Food Service program. For more information about our menus and programs, please visit www.lowell.schoolish.com and to learn more about healthy school meals visit <http://www.fns.usda.gov> . Please feel free to contact us at FoodServices@lowell.k12 with any questions or comments.

Public Release for the Community Eligibility Provision

FOR IMMEDIATE RELEASE

Lowell Public Schools is participating in a Free Breakfast and Lunch program for the current school year 2018-2019. This alternative is referred to as the Community Eligibility Provision. All students enrolled in Lowell Public Schools may participate in the School Breakfast Program and the National School Lunch Program at no charge.

For additional information please contact: Sharon Lagasse, Food and Nutrition General Manager, slagasse@lowell.k12.ma.us

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#), (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.