



# Watertown Public Schools School Nutrition Department

50 Columbia St, Watertown, MA 02472 USA  
Phone: 617-926-7756

August 1<sup>st</sup>, 2018

Dear Families:

I hope everyone is enjoying a happy, safe and healthy summer. It is hard to believe the start of school is right around the corner. It is an exciting year for the Watertown School Nutrition Department and I am confident that all of the improvements our department is making will help us to continue achieving our goal; to provide ALL students with nutritious and delicious meals so they are able to learn to the best of their ability!

If you are unaware, last year we made a huge improvement to our menu design. Now you are able to access our online interactive menus that include nutrition information from any device so you and your students always know what well-balanced meals are being offered each school day! Also, this year we are updating our point of sale (POS) system, which will now allow you to monitor and add funds to your students' school nutrition accounts. (See attached form for how to create a free account).

This summer our middle and high school cafeterias are getting a facelift! Not only will we be promoting healthy eating and exercise in our new cafeterias, we will also be integrating more environmentally friendly practices into our daily operation. We have officially made the switch to REUSABLE TRAYS in both the middle and high school. We are looking forward to all of the students' cooperation, asking that they bring their trays up to the dish room window and scrap any excess food into the trash prior to leaving it in the designated area. This will prevent us from disposing about 80,000 Styrofoam trays just this year alone!

In addition to the changes listed above, we are constantly working to improve our menu, ensuring it contains healthy meals that students enjoy. All lunches come with low-fat milk, whole grains, fruit, vegetables, and meat or meat alternatives and are low in sodium and saturated (unhealthy) fats.

We also ensure that we are providing these meals at a reasonable cost. Breakfast costs \$1.25 for elementary and middle school students and \$1.75 for high school students; lunch costs \$3.00 for elementary school students and \$3.50 for Middle and High School Students. **Your children may qualify for free meals or for reduced price meals.** Reduced price is \$0.30 for breakfast and \$0.40 for lunch. This packet includes an application for free or reduced price meal benefits, and a set of detailed instructions. On the next page you will find some common questions and answers to help you with the application process.

The Watertown School Nutrition Department is always looking for feedback on how we can better serve our community. Please reach out at any time at 617-926-7756 or [brandon.rabbitt@watertown.k12.ma.us](mailto:brandon.rabbitt@watertown.k12.ma.us) with questions, concerns, recommendations, or just to tell us what you like most to ensure it stays on the menu!

Best,

Brandon Rabbitt, RD  
Director of School Nutrition  
Watertown Public Schools