



## Rutland City Public Schools

Dear Parent or Guardian:

The 2022-23 school year is upon us, and Fresh Picks Café is pleased to once again manage your school's Food Service Program. Fresh Picks Café is a locally owned and operated company dedicated to serving delicious, wholesome, quality meals that meet the latest nutritional guidelines. As a refresher, here are some of the features your children enjoy through your district's partnership with Fresh Picks Cafe:

### 1.) Menus:

We offer online, interactive menus through ISITE. You have the option to download the "Web Menus by Isite" app to your mobile device and check your student's menu choices daily! Ingredients, allergen and nutritional data for all items served can be viewed from this app. Interactive menus are also available online and can be viewed and printed from your school district's nutrition website.

Download the app today!

App Store:



Google Play:



**Rutland High School and Rutland Intermediate/Middle School** offer the following stations offering a variety of daily lunch choices. **Signature Picks** features homemade buffet style and made to order entrees; **Market Fresh**, features a daily selection of Entrée Salads, Bento Boxes, and Parfaits; **Pizza Picks** features quality Fresh Baked Pizza made with whole grain dough and low-fat cheeses; **Express Picks** offers Hot "Grab and Go" Sandwiches and **Deli Picks** serves made to order deli sandwiches.

The **Kids' Pick Café** at **Northeast Elementary, Northwest Elementary and Christ the King Schools** offer a wide selection of choices each day including items such as our featured hot entrée, deli sandwiches, salads, bento boxes and parfaits.

The cafeterias will also be open prior to school each day to provide a **complete nutritious breakfast** featuring a wide range of hot and cold breakfast meal options. All breakfasts are accompanied by a variety of fruit selections to enable students choose a full, healthy meal to start their day.

Fresh Picks Café is proud to present our **Smart Snacks** line of healthier packaged snack, beverage, and homemade snack options. Visit the nutrition website and watch for details and news flashes on exciting new programs.

2.) **ALL MEALS ARE FREE – WITH YOUR HELP!** Through a program funded by the state of Vermont our school district will again be offering meals to all students at no charge. As a part of this funding program, we need to collect information from you. Please visit the "Help us provide free meals!" page of the school nutrition website for more information.

All students are entitled to a full meal from any of our stations at **breakfast** and at **lunch** for no charge. Snack items such as snack milk or snacks are available to all students for an additional charge.

3.) **Automated Point of Sale System:** Rutland City Public Schools has an automated point of sale system from Nutrikids. Christ the King utilizes mPower. Students must have funds on their account or cash in hand to purchase snack items. Parents will have 2 methods to fund their student's account.

**Option 1. Online Payments** - You may set up an online account to use a credit or debit card to prepay for your child's purchases. The system allows you to view your child's purchase history, receive low balance alerts and more! Instructions

for setting up your online account are available in print from your Food Service Director and posted on the nutrition website.

**Option 2.** You may send a check with your child, made payable to the **Rutland School Lunch Program**. Please make sure to include the child's name in the memo line. Cash can also be accepted but is discouraged at the elementary school level.

Prepaid monies deposited by either method can be used for any purchases in the cafeteria, but at any time parents may contact the school food service supervisor and request that limits be placed on student purchasing.

4.) Student Allergy / Special Needs Identification: If your student has a medically documented food allergy or special need when it comes to food, your food service director will work closely with the school nurse and other personnel to ensure that your child's specific needs are met. Per USDA regulations, we will need to receive information from your student's health care provider documenting the allergy and how to accommodate it. Please visit the allergens page on your school district's nutrition website to learn how to access allergen information online and/or to contact the Fresh Picks Café Dietitian Team.

### **Nutrition Website!**

Our food service program now has a nutrition website loaded with information about our program as well as our interactive, online menus. Visit our website for:

- Menus – including allergen and nutritional information
- “New in the Café” special events and promotions
- Information on managing your student's food service account
- Contact information for our managers and dietitians
- Alerts and notices about any changes to the food service program
- And so much more!



Visit the website!

<http://rutland.linqnutrition.com>

### ***Rutland City Public Schools Food Service Director:***

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To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted 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; or
2. **fax:** (833) 256-1665 or (202) 690-7442; or
3. **email:** [program.intake@usda.gov](mailto:program.intake@usda.gov)

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