



## *Con Val Regional School District*

Dear Parent or Guardian:

The 2021-22 school year is upon us and Fresh Picks Café is pleased to once again manage your school's Food Service Program. Fresh Picks Café (a Cafe Services company) is a locally owned and operated company dedicated to serving delicious, wholesome, quality meals that meet the latest nutritional guidelines.

### **All Meals Are Free!**

Our school district is participating in a USDA program to provide full, nutritious meals to all students for free. There is no enrollment or paperwork required to receive free meals. Students may choose any entrée and must take at least one serving of fruits or vegetables to qualify for a free meal. The meal also includes additional servings of fruits, vegetables, and milk. Please see the "All Meals Are Free!" section of the nutrition website for more information.

At certain times second helpings, snack items and other types of beverages may also be available for sale. Please see the "A la carte program information" section of the nutrition website for more details.

### **New Nutrition Website!**

Our food service program now has a dedicated 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
- "Farm Fresh Focus" information on our featured fruit or vegetable of the month
  - 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 due to school closures
  - And so much more!

<https://conval.linqnutrition.com/>

***Con Val Regional School District Food Service Director:***

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This institution is an equal opportunity provider.