

Dear New Roots Community,

We are really excited to inform you of our acceptance into the National School Lunch Program's Community Eligibility Provision (CEP) for the second year. CEP allows us to offer all students meals at no charge to families.

The Food:

Our Farm to School meal team strives to serve a variety of delicious foods daily. If they choose to, students may be involved in the process of creating meals at New Roots, from planning, planting and harvesting to café classes cooking the meals we eat.

Our students are involved in the Youth Farm Project, a local teaching farm that allows area students to work on an organic farm. We try to purchase as much produce as possible from the Youth Farm. All of the food we purchase is “whole” meaning we do not use any processed, packaged, or pre-made foods. We are committed to keeping sugar, additives, and preservatives out of our food as much as possible. And we purchase much of our food from local and regional suppliers. We are always seeking donations from family gardens! Feel free to contact our Farm to School Coordinator if you have something you'd like to contribute.

For breakfast every day we will offer breakfast sandwiches, bagels with cream cheese, peanut butter, or butter, oatmeal, fruit, yogurt, house-made granola, and milk or juice.

For lunch we offer a soup, salad bar, an entrée, side vegetable, fresh fruit, juice, milk or water. We will always have a vegetarian or vegan option and have gluten-free choices for those who request it. There is no cost for breakfast or lunch. If a student or parent feels the need all of our menu items are also available as a la carte options at an additional cost.

Breakfast and Lunch are free for all students, but we still need your help!

Enclosed is a Household Income Eligibility Form that when filled out will help us serve the New Roots community better. This form is used to determine many things other than free meals, benefits such as free or reduced memberships in community organizations (Science Center, PRI, The Youth Bureau, etc.) This form will help our school get additional State and Federal funding for low income families. We use this information internally to determine who gets free bus passes, fees waived for state tests, or other programs with fees.

Menus:

Menus are posted on our website newrootsschool.org in the Student and Family Resources section. Menus are located throughout the school for the month and day.

Meal Times, Locations, and Payment Options:

New Roots will be offering breakfast from 8:00 till 9:00 in the main lobby of the school, and lunch is served mid-day at varying times from day to day for at least 45 minutes per day. Our cafeteria is located at St. Catherine's Greek Orthodox Church, down Seneca street across from Shortstop. All students will be traveling safely across the street for lunch.

Because we offer a la carte options some families may want to make a deposit in their students account.

How to add money to a student account:

- Mail a check to the school, P.O. Box 936 Ithaca, NY 14851.
- Send a check or cash with your student.
- Pay in the lunch or Breakfast line.
- ***We do not allow a la carte purchases on accounts which have a negative balance. Students must have a positive balance or cash to buy "extras".***

All students have an account set up with an account number that will be available at meals. To find out your students account number before the school year starts please email arosenbaum@newrootsschool.org.

Please help us and complete the Household Income Eligibility Form and return it to us as soon as possible.

For questions about the form or the Farm to School Meals Program please email Allyn Rosenbaum at arosenbaum@newrootsschool.org, or call 607-882-9220 ext. 206. We would love to hear about any dietary needs or food allergies in advance so we can better serve you.

Thank You,

Allyn Rosenbaum
Farm to School Coordinator
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607-882-9220 ext. 206