

# Welcome Back to School

Welcome back to school! Nutri-Serve is excited to start this year at Ventnor City Schools. We are looking forward to seeing your smiling faces this school year.

School meals are important to fuel healthy minds and bodies, and we strive to offer student favorites that are both delicious and nutritious. We can't wait to welcome you back into the cafeteria!

## Why choose school meals?

School meals include nutritious foods including fruits, vegetables, lean proteins, milk, and whole grains. Consistent exposure to a wide variety of foods not only encourages students to try something new, but also helps build lifelong healthy habits and a positive relationship with food. School meals are also a great value. Each lunch meal comes with a **PROTEIN, GRAIN, FRUIT, VEGETABLE, & MILK**. Breakfast comes with a **GRAIN, PROTEIN/GRAIN, FRUIT, & MILK**. Students must take at least 1 serving of fruit or vegetable but can select up to 2 servings. Where else can you find that kind of deal?

At Ventnor City Schools, we participate in the Breakfast After the Bell program. Breakfast for the middle and elementary school will be in the cafeteria, and Breakfast for Kindergarten and Pre-K will be in the classrooms. Breakfast comes with a **GRAIN, PROTEIN/GRAIN, FRUIT, & MILK**.

Grades at NCS & School Start Time	Breakfast Time & Location
Pre-K & Kindergarten-- 8:15am	Pre-K & K--8:15-9am in the classroom
Elementary, 1-8—8:15am	Elem--8:15-9am in the cafeteria

## Where can I find the menus?

Starting this school year, monthly menus will be posted on the school website and online through SchoolCafe. While we try our best to follow the posted menu, ongoing supply chain issues necessitate substitutions at times. Please contact us if you have questions or concerns about menu changes or product substitutions. We appreciate your patience, understanding, and flexibility as we work to provide nutritious school meals in this challenging and changing environment.

## Free and Reduced Meal Applications

This Year the State Requires that all Families Complete an Application for Free and Reduced-Price School Meals or Check the Box that they do not want to apply. You can find the Application on our website: Ventnor City School District, (<https://www.vecncj.org/>), Lunch → Free/Reduced Lunch Applications.

## 2024-2025 Meal Pricing

**Breakfast**  
Regular: \$2.25  
Free & Reduced: No Charge

**Lunch**  
Regular: \$3.50  
Free & Reduced: No Charge  
*\*a la carte & snack options also available\**

For your convenience, **online prepayments** are possible using the site [www.payschoolscentral.com](http://www.payschoolscentral.com) with your child's student ID. Cash or a check can also be applied to your child's account by any cashier.

## What if my student has a food allergy or other special dietary need?

We take food allergies and other special dietary needs very seriously and work with you and the school nurse to provide a safe meal to your student. If your student has a food allergy or other dietary need, please let your school nurse know prior to the start of the school year so that an appropriate plan can be put in place. If your student is diagnosed with a new food allergy or dietary throughout the course of the school year, please update the school nurse as soon as possible.

# Wishing you a happy and healthy school year!

Have questions, or just want to say hi? Contact us!

Food Service Director

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