NARRAGANSETT REGIONAL SCHOOL DISTRICT

462 Baldwinville Road, Baldwinville, MA 01436
Phone: 978-939-4308

Joseph Sanders
Food Services Director

08/09/2026

Dear NRSD Families,

Welcome to the 2026-2027 School Year! A fresh year means a fresh start, and the NRSD Food Service team is thrilled to welcome your children back to our cafeterias. As we navigate this new school year together, our team remains dedicated to serving delicious, wholesome, quality meals that meet the latest nutritional guidelines to support your student's health and academic success.

The Importance of Breakfast & Free Grab & Go Options

Eating a nutritious breakfast is essential for student focus, memory, and sustained energy throughout the day. To ensure every child starts their morning ready to learn, **all schools in our district offer a convenient Grab & Go breakfast completely free to all students.** It is a quick, well-balanced option that makes morning routines easier for busy families.

Universal Free Meals Program

Every student in the district is automatically enrolled in the food service program and eligible for **one free breakfast and one free lunch daily**.

- **No Re-Applications Needed:** Free/Reduced Meal re-applications are not necessary this year because NRSD schools participate in the Community Eligibility Program (CEP).
- **High Nutrition Standards:** School meals meet and exceed strict federal standards. Meals include whole grains, lean proteins, reduced sodium, and fat-free or 1% milk (flavored milk is fat-free).
- **Fruit & Vegetable Requirements:** Meals feature a wide variety of produce, including dark green, red/orange vegetables, and legumes. Per federal guidelines, students must take at least one serving of fruit or vegetable with both breakfast and lunch.

A La Carte Items & Account Restrictions

- **A La Carte & Snacks:** Extra snacks and drinks are **not** covered under the CEP Free Meals Program. Students can only charge a la carte items to their computerized

account if prepaid funds are available.
- **Opting Out:** If you do not wish for your child to purchase a la carte items, please send a written letter or email to Food Service Director Joseph Sanders at jsanders@nrsd.org. Students will only be blocked from making extra purchases if a parent request is on file.

Payment Options for Student Accounts

NRSD Food Service is self-funded through state/federal reimbursements and the Government Food Surplus Program, receiving no local tax dollars other than utilities. Any funds left in your student's account at the end of the school year will automatically roll over to the next year.

Payment Method	**Details & Instructions**
MySchoolBucks	Conveniently pay online or via the mobile app using a debit/credit card or bank account at www.myschoolbucks.com.
Check	Make checks payable to **NRSD Food Service**. Write your **student's full name and school** in the memo line. Send it with your child or mail to: *Food Service Director, NRSD Central Office, 462 Baldwinville Road, Baldwinville, MA 01436*.
Cash	Cash is not recommended as it cannot be traced if lost. If necessary, send cash in a sealed envelope clearly labeled with your student's full name and school.

We look forward to welcoming your children to the cafeteria this year and feeding them fun, healthy meals! Please reach out directly with any questions or needs.

Best,

Joseph Sanders

Food Service Director, NRSD

jsanders@nrsd.org 978-939-4308

Limited English Proficiency

Spanish

ATENCIÓN: Si habla español, dispone de servicios gratuitos de asistencia lingüística. Llame a la Oficina de Programas de Alimentación y Nutrición del Departamento de Educación Primaria y Secundaria de Massachusetts: 781-338-6480 o Nutrition@doe.mass.edu. Ofrecen asistencia lingüística gratuita y/o ayudas y servicios auxiliares si los solicita si tiene preguntas, dificultades para comprender el inglés o si tiene alguna discapacidad. También disponemos de servicios de interpretación telefónica.

Arabic

تنبيه: إذا كنت تتحدث الإسبانية، تتوفر لك خدمات المساعدة اللغوية مجانًا. اتصل بمكتب برامج الغذاء والتغذية التابع لإدارة التعليم الابتدائي والثانوي في ماساتشوستس يقدم المكتب مساعدة لغوية مجانية و/أو مساعدات وخدمات إضافية عند .Nutrition@doe.mass.edu على الرقم 781-338-6480 أو عبر البريد الإلكتروني الطلب إذا كانت لديك أسئلة، أو واجهت صعوبة في فهم اللغة الإنجليزية، أو كنت من ذوي الإعاقة. كما تتوفر خدمات الترجمة الفورية عبر الهاتف.

Chinese

注意：如果您讲西班牙语，我们提供免费的语言协助服务。请致电马萨诸塞州中小学教育部食品与营养项目办公室：781-338-6480 或发送电子邮件至 Nutrition@doe.mass.edu。如果您有任何疑问、英语理解困难或有残障，他们可应要求提供免费的语言协助和/或辅助工具及服务。此外，我们还提供电话口译服务。

French

ATTENTION : Si vous parlez espagnol, des services d'assistance linguistique gratuits sont à votre disposition. Appelez le Bureau des programmes d'alimentation et de nutrition du Département de l'éducation primaire et secondaire du Massachusetts au 781-338-6480 ou à Nutrition@doe.mass.edu. Ce service propose une assistance linguistique gratuite et/ou des aides et services complémentaires sur demande si vous avez des questions, des difficultés de compréhension de l'anglais ou si vous êtes en situation de handicap. Des services d'interprétation téléphonique sont également disponibles.

Gujarati

ધ્યાન આપો: જો તમે સ્પેનિશ બોલતા હો, તો ભાષા સહાય સેવાઓ, મફતમાં, તમારા માટે ઉપલબ્ધ છે. મેસેચ્યુસેટ્સ ડિપાર્ટમેન્ટ ઓફ એલિમેન્ટરી એન્ડ સેકન્ડરી એજ્યુકેશન ઑફિસ ફોર ફૂડ એન્ડ ન્યુટ્રિશન પ્રોગ્રામ્સને કૉલ કરો: 781-338-6480 અથવા Nutrition@doe.mass.edu. જો તમને કોઇ પ્રશ્નો હોય, અંગ્રેજી સમજવામાં મુશ્કેલી હોય, અથવા અપંગતા હોય, તો તેઓ વિનંતી પર મફત ભાષા સહાય અને/અથવા સહાયક સહાય અને સેવાઓ પ્રદાન કરે છે. ટેલિફોનિક અર્થઘટન સેવાઓ પણ ઉપલબ્ધ છે.

Portuguese

ATENÇÃO: Se você fala espanhol, oferecemos serviços de assistência linguística gratuitos. Ligue para o Escritório de Programas de Alimentação e Nutrição do Departamento de Educação Elementar e Secundária de Massachusetts: 781-338-6480 ou envie um e-mail para Nutrition@doe.mass.edu. Eles oferecem assistência linguística gratuita e/ou recursos e serviços auxiliares mediante solicitação caso você tenha dúvidas, dificuldade para entender inglês ou seja portador de alguma deficiência. Serviços de interpretação por telefone também estão disponíveis.

I Speak Statements

- ☐ Unë flas **shqip** (Albanian)
- ☐ **አማርኛ** እናገራለው (Amharic)
- ☐ انا اتكلم اللغة العربية. (Arabic)
- ☐ Ես խոսում եմ **հայերեն** (Armenian)
- ☐ আমি বাংলা ভাষী। (Bengali)
- ☐ Ja govorim **bosanski jezik** (Bosnian)
- ☐ ကျွန်တော်[illegible]ပြောသည်။ (Burmese)
- ☐ 我说中文 (Chinese Simplified)
- ☐ 我說中文 (Chinese Traditional)
- ☐ Ja govorim **hrvatski**. (Croatian)
- ☐ ایتجانب به زبان **فارسی** صحبت می کنم (Farsi)
- ☐ Je parle **français**. (French)
- ☐ Je parle le **Français haïtien** (French Creole)
- ☐ Μιλάω **ελληνικά**. (Greek)
- ☐ હું ગુજરાતી બોલુ છું (Gujarati)
- ☐ Mwen pale **Kreyòl**. (Haitian Creole)
- ☐ मै **हिंदी** बोलता हूँ (Hindi)
- ☐ Kuv hais **lus hmoob**. (Hmong)
- ☐ Ana m a sụ **Igbo** (Igbo)
- ☐ Parlo **Italiano** (Italian)
- ☐ 私は**日本語**を話します (Japanese)
- ☐ Mi chat **Jamiekan langwjij** (Jamaican Creole)
- ☐ **ykt** [illegible] (Karen)
- ☐ ខ្ញុំនិយាយភាសាខឺតនីស (Khmer)
- ☐ 본인의 모국어는 **한국어**입니다 (Korean)
- ☐ نه ز زمانی **کوردی** ده ناخفم. (Kurdish)
- ☐ Ṅ a po **Klào** Win. (Kru)
- ☐ ຂ້າພະເຈົ້າເວົ້າ **ພາສາລາວ**. (Lao)
- ☐ Yie gorngv **Mienh** waac. (Mien)
- ☐ **म नेपाली** बोल्छु (Nepali)
- ☐ Mówię **po polsku**. (Polish)
- ☐ Eu falo **Portugês**. (Portuguese)
- ☐ ਇ ਸ੍ਪੋਆਕ ਪੰਜਾਬੀ (Punjabi)
- ☐ Cunosc limba **Română**. (Romanian)
- ☐ Я говорю **по-русски**. (Russian)
- ☐ Ou te tautala **faaSamoa**. (Samoan)
- ☐ Govorim **srpski**. (Serbian)
- ☐ Waxaan ku hadlaa **Somali**. (Somali)
- ☐ Yo hablo **español**. (Spanish)
- ☐ أتحدث **السودانية** (لغوي سوداني) (Sudanese)
- ☐ Marunong po akong magsalita ng **Tagalog**. (Tagalog)
- ☐ ข้าพเจ้าพูด **ภาษาไทย** (Thai)
- ☐ እነ ትግርኛ ይዛረብ እየ. (Tigrinya)
- ☐ Я розмовляю **українською**. (Ukrainian)
- ☐ میں **اردو** بولتا/ بولتی ہوں۔ (Urdu)
- ☐ Tôi nói tiếng **Việt**. (Vietnamese)
- ☐ **יידיש** רעד איך (Yiddish)
- ☐ Mo gbọ **Yoruba** (Yoruba)

USDA is an equal opportunity provider and employer.

Student Name:
School: Grade:

Community Eligibility Provision

Narragansett Regional School District Offers Meals at No Cost for Students

Narragansett Regional School District participates the National School Lunch Program and the School Breakfast Program. As part of this program, all schools offer healthy meals every school day at NO COST to the students due to the implementation of the Community Eligibility Provision for school year **2026-2027**. Students receive breakfast and lunch at school without having to pay a fee or submit a household application.

Non-Discrimination Statement:

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

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-Form-0508-0002-508-11-28-17Fax2Mail.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

This institution is an equal opportunity provider.

Dear Parent/Guardian:

If your children get free or reduced price school meals, they may also be able to get free or low-cost health insurance through Medicaid or the State Children's Health Insurance Program (CHIP). Children with health insurance are more likely to get regular health care and are less likely to miss school because of sickness.

Sharing Information with Medicaid/CHIP

Because health insurance is so important to children's well-being, *the law allows us to tell Medicaid and CHIP that your children are eligible for free or reduced price meals,* ***unless you tell us not to.*** Medicaid and CHIP only use the information to identify children who may be eligible for their programs. Program officials may contact you to offer to enroll your children. Filling out the Free and Reduced Price School Meals Application or Household Income Survey does not automatically enroll your children in health insurance.

If you do not want us to share your information with Medicaid or CHIP, fill out the form below and send in.

(Sending in this form will not change whether your children get free or reduced price meals).

❑ **No! I DO NOT** want information from my Free and Reduced Price School Meals Application shared with Medicaid or the State Children's Health Insurance Program.

If you checked no, fill out the form below to ensure that your information is NOT shared for the child(ren) listed below:

Child's Name: _____School:

Child's Name: _____School:

Child's Name: _____School:

Child's Name: _____School:

Signature of Parent/Guardian: _____Date:

Printed Name:

Address:

For more information, you may call **Joseph Sanders** at **978-939-4308 or e-mail: jsanders@nrsd.org.**
Return this form to: **School Front Office** by **9/30/2026.**

Sharing Information with Other Programs

Dear Parent/Guardian:

To save you time and effort, the information you gave on your Free and Reduced Price School Meals Application may be shared with other school based programs for which your children may qualify. For the following programs, we must have your permission to share your information. Sending in this form will not change whether your children get free or reduced price meals.

❑ Yes! I **DO** want school officials to share information from my Free and Reduced Price School Meals Eligibility with **Guidance department, Athletic department, Extracurricular activities, School and district administration**

If you checked yes to any or all of the boxes above, fill out the form below to ensure that your information is able to be shared for the child(ren) listed below. Your information will be shared only with the programs listed above..

Child's Name: _____School:

Child's Name: _____School:

Child's Name: _____School:

Child's Name: _____School:

Signature of Parent/Guardian: _____Date:

Printed Name:

Address:

For more information, you may call **Joseph Sanders** at **978-939-4308 or e-mail: jsanders@nrsd.org.**
Return this form to: **School Front Office** by **9/30/2026.**