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Dear Parents/Guardians:

Killingly Public Schools has opted to participate in the School Meals Assistance Revenue for Transition (SMART funds 2.0). These funds are intended to provide free meals for all students starting March 1, 2023 through the remainder of the 2022-23 school year.

What this means is:

- All students will receive free breakfast and lunch **beginning Wednesday March 1, 2023** through the remainder of the 2022-23 school year (one breakfast and one lunch per day at no cost - additional meals and a la carte items are available for purchase).

Any negative balance on a student account from charges before March 1, 2023, must be paid in full as soon as possible. To check on the account balance or make an online payment, please visit [www.myschoolbucks.com](http://www.myschoolbucks.com).

You are still encouraged to submit a completed Free and Reduced Price-Meal Application to your child's school if you have not done so already. There are certain benefits available to students whose families qualify for free or reduced-price meals (ie: reduced or waived fees for athletics, SATs, etc.). Applications are available at your child's school or on our website: [https://resources.finalsite.net/images/v1656345140/killinglyschoolsorg/mb9kx2nph8xtnmo4eghs/22-23Family Application Free Reduced SchoolMeals.pdf](https://resources.finalsite.net/images/v1656345140/killinglyschoolsorg/mb9kx2nph8xtnmo4eghs/22-23Family%20Application%20Free%20Reduced%20SchoolMeals.pdf)

If assistance is needed with the application, an instructional video is available at <https://vimeo.com/777367788>

If you have any questions, please contact Sue Theroux, Free/Reduced Lunch Program Coordinator, at 860-779-6605 or [stheroux@killinglyschools.org](mailto:stheroux@killinglyschools.org).

## Addendum C: Information on the Supplemental Nutrition Assistance Program (SNAP)

Dear Parent/Guardian:

If your children qualify for free school meals or milk, you might also qualify for **SNAP** (formerly called Food Stamps). SNAP helps people buy food for themselves and their families. SNAP benefits are issued each month on plastic debit cards. You can use SNAP benefits to buy food at major supermarkets, neighborhood grocery stores, and some farmers' markets authorized to accept SNAP.

### How to Qualify

If and how much SNAP you qualify for depends on:

- your household's income;
- allowable deductions to your household's income (examples include monthly shelter expenses, medical bills, and court ordered child support);
- your household size; and
- at least 5 years U.S. residency for qualified non-citizens.

If you have access to the Internet, you can go online to see if you may be eligible for SNAP. Go to

[www.connect.ct.gov](http://www.connect.ct.gov) and click "Am I Eligible?"

**Owning your own home or owning a car will not prevent you from being eligible for SNAP.**

Effective October 1, 2021		
Household size	Gross monthly income	Gross annual income
1	1,986	23,832
2	2,686	32,232
3	3,386	40,632
4	4,085	49,020
5	4,785	57,420
6	5,485	65,820
7	6,185	74,220
8	6,885	82,620
For each additional member	+699	+8,388
Larger households = higher incomes		

### To Apply or Get More Information

- To find your local Connecticut Department of Social Services (DSS) office, call **United Way's free referral number 2-1-1** (free call statewide).
- You can find a list of all **Connecticut Department of Social Services (DSS)** offices, or you can apply online at <https://www.connect.ct.gov/access/jsp/access/Home.jsp> (click "Apply for Benefits"). You can get the paper SNAP application in English at <https://portal.ct.gov/-/media/Departments-and-Agencies/DSS/Common-Applications/W-1E.pdf> and in Spanish at <https://portal.ct.gov/-/media/Departments-and-Agencies/DSS/Common-Applications/W-1ES.pdf>.
- The following two organizations conduct outreach for DSS and can assist with applying for SNAP benefits:
  1. **End Hunger CT!** provides a SNAP outreach call center (866-974-SNAP (7627)) to assist in applying for as well as maintaining eligibility for SNAP benefits. If you are eligible for SNAP, you will stretch your food dollars, support your school and community, and your kids get school meals at no cost. Many families are surprised they qualify – it is quick, easy and confidential to check by calling one of our trained associates
  2. **The Connecticut Association for Community Action (CAFCA)** works with community action agencies that will help you enroll in SNAP (see table on page 2):



## Addendum C: Information on SNAP

Agency	Phone number	Areas served
The Access Community Action Agency (Access)	860-450-7400	Windham and Tolland Counties
Alliance for Community Empowerment (Alliance)	203-366-8241	Greater Bridgeport Area and Upper Fairfield County
Community Action Agency of New Haven, Inc. (CAANH)	203-387-7700	Greater New Haven Area
The Community Action Agency of Western Connecticut, Inc. (CAAWC)	203-744-4700	Northwestern CT and Lower Fairfield County
Community Renewal Team, Inc. (CRT)	860-560-5600	Hartford and Middlesex County
Human Resources Agency of New Britain, Inc. (HRA)	860-225-8601	New Britain and Bristol Areas
New Opportunities, Inc. (NOI)	203-575-9799	Greater Waterbury, Meriden, and Torrington Areas
Thames Valley Council for Community Action, Inc. (TVCCA)	860-889-1365	Southeastern CT- New London County
Training Education and Manpower, Inc. (TEAM)	203-736-5420	Naugatuck Valley

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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](mailto:program.intake@usda.gov)

This institution is an equal opportunity provider.

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Inquiries regarding the Connecticut State Department of Education's nondiscrimination policies should be directed to: Levy Gillespie, Equal Employment Opportunity Director/Americans with Disabilities Coordinator (ADA), Connecticut State Department of Education, 450 Columbus Boulevard, Suite 505, Hartford, CT 06103, 860-807-2071, [levy.gillespie@ct.gov](mailto:levy.gillespie@ct.gov).

This document is available at <https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Forms/FreeRed/AddendumC.pdf>.





# Welcome to our Lunch Cafe



In an effort to reach our goal of 10% plant based offerings by 2024, Whitsons has partnered with the Humane Society of the US to bring you new plant based entrees through our new Vegabols promotion.



THE HUMANE SOCIETY OF THE UNITED STATES

## March 2023

**Monday  
Friday**

### HARVEST of the MONTH

Whitsons proudly supports clean, sustainable agriculture! We also focus on using ingredients that are locally sourced, all-natural, organic and non-GMO whenever possible.

**Tuesday**



**Wednesday**

**Thursday**

1 Homemade Shepherd's Pie  
Dinner Rolls  
Mixed Vegetable Blend  
Mixed Fruit

2 Crispy Chicken Sandwich  
Sweet Potato Fries  
Fresh Broccoli

3 French Bread Pizza  
Organic Applesauce  
Garden Salad

### Alternate Lunch: Bagel Fun Lunch

6 Incredibowls General Tso's Chicken  
Vegetable Rice Pilaf  
Fresh Orange



7 Bacon Cheeseburger  
Oven Baked Fries  
Berry Cup  
Northern Beans

8 Chicken Parmesan Sandwich  
Oven Baked Fries  
Mixed Vegetable Blend

9 Pepperoni Pizza  
Pear and Pineapple Cup  
Fresh Broccoli  
Chilled Red Pepper Strips  
Ranch Dressing

10 American Combo Sandwich  
Carrot Sticks  
Ranch Dressing  
Diced Pear Cup  
Potato Chips

Early Release Day

### Alternate Lunch: Cold Cut Sandwich

13 Chicken Nuggets  
Mozzarella Cheese Side  
Carrot Sticks  
Celery  
Ranch Dressing

14 Grilled Cheese Sandwich  
Tomato Soup  
Cucumber Coins  
Berry Cup

15 Homemade Pasta & Meat Sauce  
Cheesy Garlic Bread  
Diced Tomatoes  
Northern Beans

16 Chicken Sausage  
Pancake Bites  
Syrup  
Crispy Potato Puffs  
Fresh Orange

17 Pepperoni Pizza  
Pear and Pineapple Cup  
Fresh Broccoli

STUDENT APPRECIATION DAY

### Alternate Lunch: Simple Boxed Egg Pack

20 Nachos Grande  
Chicken  
Sauteed Corn & Black Bean Salsa  
Mild Salsa

21 Buffalo Chicken Tenders  
Celery Sticks  
Fruit Salad

LUCKY TRAY DAY!

22 Sausage, Egg and Cheese Sandwich  
Oven Baked Fries  
Mixed Fruit



23 French Bread Pizza  
Carrot Dippers  
Fresh Apple

24  
**SCHOOL  
CLOSED  
TODAY**

### Alternate Lunch: Simple Boxed Yogurt Parfait

27 Famous Chili Cheese Fries  
Buttered Corn  
Pineapple

28 Homemade Mac & Cheese  
Diced Tomatoes  
Broccoli Bites  
Diced Pear Cup

29 Crispy Chicken Sandwich  
Sweet Potato Fries  
Fresh Broccoli

30 American Combo Sandwich  
Carrot Sticks  
Diced Pear Cup  
Potato Chips

31 French Bread Pizza  
Carrot Dippers  
Fresh Apple

### Alternate Lunch: Sun Butter & Jelly Lunch



our menus are nutritious and flavorful. View this menu on the mobile app, FDMealPlanner, or on the web at [www.FDMealPlanner.com](http://www.FDMealPlanner.com).

\*Consuming raw or under cooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions.

\*\*Menu is subject to change, notice posted when available.

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**Lunch Prices**  
1 Free Lunch Per Student Per Day!!  
Ala Carte Milk \$.50  
Manage your Child's Account Online! Go to  
[www.myschoolbucks.com](http://www.myschoolbucks.com)

**ALL STUDENT LUNCH INCLUDE CHOICE OF**  
1% Milk or Low-Fat Chocolate Milk with a Vegetable Choice and or Fruit Choice Daily Fruits offerings: Apples, Bananas, Oranges, half cup of assorted canned fruit.  
Assorted Condiments Available

