

ACES

Food Services Newsletter



October 2026



October 2026 Featured Farms



Bordua Farm: Local Corn and Local cherry tomatoes



Blue Hills Orchard: Local Gala Apples



Northern Valley Farm: Local cucumbers



H2O Farm: Local Hydrodome Lettuce

CT Fresh Ed is the Connecticut State Department of Education's (CSDE) rebranded statewide Farm to School initiative, created in partnership with the CT Department of Agriculture and UConn Extension

Core Objectives & Elements

- **The 3 Cs Framework:** Unites child nutrition and agricultural efforts around three core pillars—**Cafeteria** (sustainable local food procurement and staff training), **Classroom** (school gardens, taste tests, and ag-literacy), and **Community** (connections with local farmers and families).
- **Nutrition Goals:** Focuses on serving fresh, unprocessed or minimally processed, and culturally responsive meals that are nutrient-dense and locally sourced.



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chartwells
serving up happy & healthy



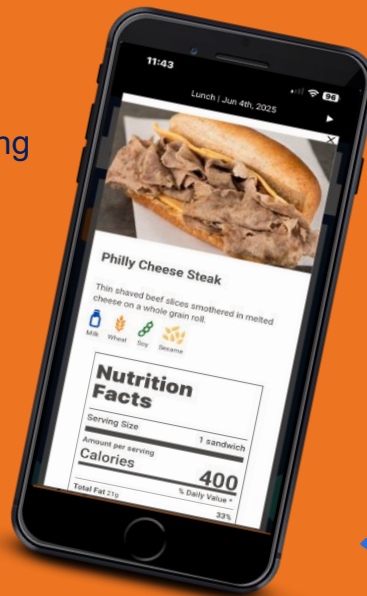
Apple Crunch Day is an annual October event held during National Farm to School Month where students, teachers, and community members bite into locally grown apples at the same time to celebrate local agriculture and healthy eating.

APPLE CRUNCH DAY

Menus

Your breakfast and lunch menus are now online, allowing students and families to:

- ✓ See detailed nutrition facts and photos of every menu item
- ✓ Filter for common food allergens
- ✓ Rate favorite menu items
- ✓ Plan ahead to be sure not to miss favorite meals
- ✓ Available in 40+ languages!



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Did You Know?

Meals are free for all students for the 2026-27 school year. This means students can enjoy a nutritious breakfast and a lunch every school day at no cost.

All families are encouraged to complete a Free & Reduced Priced Meal application, regardless of household income. This can help qualify your school or community for special programs and grants.



National Pasta Day is celebrated annually on National Pasta Day every October 17th. Since it falls on a Saturday on Friday October 16, we are serving Baked Ziti.



Whole Grain Baked Ziti
One Whole Grain Dinner Roll
½ Cup Savory Green Beans

This institution is an equal opportunity provider.