

ACES Food Services Newsletter



September 2026

Welcome Back

Hello! We are honored to be your new dining team and serve as your partners in child nutrition. Students will see a fresh new look in the cafeteria with signs and themes that create a welcoming environment. Your breakfast and lunch menus feature an exciting mix of new recipes alongside beloved kid-favorites. In the kitchen and on the serving line, you'll see many familiar faces and meet a few new ones too!

We are committed to **serving up happy and healthy** to every student, every day by bringing nutritious meals and fun activities to the table.

National School Lunch Program

Create a Meal

Take at least 3 food groups to create a meal

1. Select a 1/2 cup of Fruit or Vegetable (or both)
2. Pick at least two other food groups, such as Whole Grains, Protein, or a serving of Milk
3. Take a minimum of 3 food groups and a maximum of 5

Meal Examples:

	+		= Meal		
	+		+		= Meal
	+		= Meal		
	+		+		= Meal
	+		= Not a Meal (No fruit or vegetable)		

This institution is an equal opportunity provider.

chartwells
serving up happy & healthy

What Makes a Meal

ACES Schools participates in the National School Breakfast and National School Lunch Program. Under the guidelines of the program, breakfast and lunch menus must meet the USDA's weekly dietary specifications (nutrition standards) for calories, saturated fats, and sodium. In addition, all food products and ingredients used to prepare school meals must contain zero grams of trans fats per serving.

Under the SBP and NSLP, there are four components for breakfast and five components for lunch are required to make what's called a "complete meal".

At least three of these components, with one being a fruit or vegetable, must be selected at the time of purchase to meet federal guidelines.

We have included the diagram so you can see exactly what components make up a complete meal. Please explain this to your child which will help eliminate any confusion.



Thamar Rodriguez
DIRECTOR OF DINING SERVICES
203-407-4407
Thamar.rodriquez@compass-usa.com
trodriquez@aces.org

National "I Love Food" Day is celebrated on September 9. It is a fun, unofficial food holiday dedicated to eating and enjoying your favorite meals, snacks, and treats without any guilt

How to Celebrate National "I Love Food" Day at Home

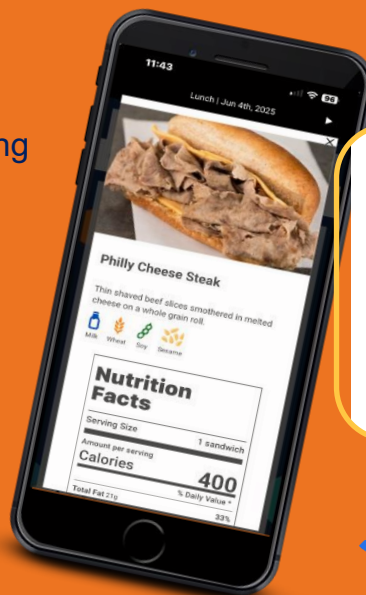
- Eat your favorite meal for breakfast, lunch, and dinner.
- Try a new local restaurant or food truck.
- Bake a sweet treat or cook a comforting homemade dish.
- Share a picture of your favorite plate on social media.



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!



nutrislice

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.

Fun Days This Month



National Chocolate Milk Day is celebrated annually on **September 27th**. It is a fun food holiday dedicated to enjoying a cold, frosty glass of chocolate milk, a sweet beverage originally invented in the late 1680s by Irish physician Sir Hans Sloane.

This institution is an equal opportunity provider.