



Dear Rochester CUSD 3A Families,

On behalf of Rochester CUSD 3A I would like to take this opportunity to welcome your students to the 2021-22 school year!

With day-to-day life beginning to return to normal, we wanted to share some great news that will affect all students: In April 2021, the U.S. Department of Agriculture (USDA) Food and Nutrition Service extended the program that will provide for **free breakfast and lunch for all students, regardless of income, for the 2021-22 school year.** This has been made possible by nationwide waivers that provide for free meals for all students through June 2022.

We are thrilled to continue to **safely** serve students delicious, fresh and nutritious meals at no charge, and we are equally excited to re-introduce our favorite programs to deliver fun, exciting and tasty experiences to students throughout the coming year:

- Global Flavors menu promotions, highlighting recipes inspired by Hawaiian, Italian, Indian, East Asian and Thai cuisines. First up: Our Hawaiian Chicken Rice Bowl – yum!
- Special events celebrating national food days and seasonal flavors. We love highlighting fresh produce on our menus, and events like National Peach Month and Fall Fest are ideal opportunities for showcasing the freshest flavors of the season.
- Our Feed Your Potential 365 program (www.fyp365.com) offering delicious recipes, nutrition news and health insights to help support wellness at school and at home.
- New adventures with our mascot, Ace, providing a fun approach to building healthy habits that reinforce good nutrition and exercise

Check out our daily menus at www.rochester3a.net If we can assist in any way, please contact our team at 217-498-0319.

We can't wait to serve your students!

Best wishes for a successful 2021-22 school year,

Michelle Wilhour
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