



Dear TCSC Families,

On behalf of TCSC Nutrition Services, I would like to take this opportunity to welcome our students to the 2022 – 2023 school year! We hope you enjoyed your summer and are ready and excited to be back in school. We, as Aramark Student Nutrition, are pleased to be your school district's food service provider.

To help prepare for your child's return to school, we want to share important news that will affect many families: You may have heard that as of June 30, 2022, the federal waivers – administered through the U.S. Department of Agriculture (USDA) – that made it possible for us to serve school breakfast and lunch meals to students for free throughout the COVID-19 pandemic, have expired.

Ensuring that students are well fed throughout the school day is our top priority. Out of the 30 million lunches that were administered through the National School Lunch Program (NSLP) prior to the waivers, almost three-quarters of those were provided either at no charge or at a reduced price. We want to remind and inform families to take advantage of these meal benefits. Income eligibility guidelines are available through the Food and Nutrition Service of USDA. If approved, eligible students can eat at a free- or reduced-price at every food station in the cafeteria.

As we reopen for the new school year, Aramark Student Nutrition is *Powering Potential* for students and faculty with innovations in our menus and enhancements to our overall dining operations. When your child dines with us, rest assured that we will be serving delicious, nutritious meals prepared with the utmost attention to safety. We encourage every student to fuel up with breakfast and lunch meals each day so they can be energized and prepared to succeed throughout the day, in and out of the classroom. Check out our daily menus at [www.TCSC.K12.IN.US/Food-Services](http://www.TCSC.K12.IN.US/Food-Services).

One thing that you can do to help this important cause is to encourage your students to eat breakfast and lunch every day. The demands of the classroom can be difficult for children who are hungry, as you know. Studies indicate students who eat breakfast can concentrate better, earn higher grades, and have fewer illnesses\*. We do offer various breakfast programs – either in the cafeteria or in the classroom – to ensure students can start the school day right! (\**Food Research and Action Center (FRAC). "Breakfast for Learning." Spring 2014.*)

To further enhance our commitment to the health and wellness of our students, this year you can expect to see quarterly nutrition newsletters and monthly student educational materials.

We look forward to working for you to create a healthy learning environment for all students. To apply for free or reduced-price school meals, follow the instructions in your enrollment packages. If you'd like more information, please call our office 765-675-7521 ext. 310 or email us at [aproulx@tsc.k12.in.us](mailto:aproulx@tsc.k12.in.us) or check the district website [www.TCSC.K12.IN.US](http://www.TCSC.K12.IN.US) for the latest news and updates.

Sincerely,

Adam Proulx  
Food Service Director  
Aramark Student Nutrition