

Welcome Back From the Food and Nutrition Team!

Dear Parents, Guardians and Staff:

Hope everyone had a great summer! As we prepare for the new school year, please see the school year 2025/26 breakfast and lunch prices. **Of note, for the school year (SY) 2025/26 breakfast and lunch will be paid. For students that qualify for reduced meals, breakfast will be 30 cents and lunch 40 cents.** Any negative balances that is accrued must be paid in full. Weekly letters and phone calls will continue to be made. Snack and a la carte purchases are not allowed to be made when there is a negative balance.

School year 2025-2026 meal pricing is:

Breakfast at all schools: \$2.25; Black Rock School lunch - \$3.40, Center School Lunch - \$3.75, High School Lunch - \$3.90. For students that qualify for reduced meals, breakfast will be 30 cents and lunch will be 40 cents. A la carte pricing has been adjusted as well, students with dollar amount snack limits may need to be adjusted in linqconnect or call with questions.

Free/Reduced Meal Applications

A link to the 2025-2026 application for Free and Reduced meals can be found here [In Print 2025-2026 Family Application for Free and Reduced Meals and Summer EBT](#). The completed application should be sent to the main office of your child's school when school begins. Online applications are also available on the through the link here [2025-2026 TPS Online Application for Free and Reduced Meals and Summer-EBT](#) on the Thomaston Public Schools Website. A new application is required each school year. If your child receives SNAP benefits or Temporary Family Assistance (TFA), there is no need to fill out a free and reduced meal application. Some children receiving Husky A *may* be eligible to receive free or reduced meals depending on income. You can find out more information on applying for free and reduced meals by clicking this [FAQ about Free/Reduced Meals for Parents](#) link. For a tutorial on how to complete the application, visit [How to fill out the Application for Free and Reduced-price Meals or Free Milk and Summer EBT](#).

Additional links for Addendum A – sharing information with other programs [here](#). For additional information on Husky A and utilizing Access Health CT to find health/dental insurance, please use the link for Addendum B [here](#). For more information on apply for SNAP benefits see info for Addendum C [here](#), more information can also be found in the [SNAP Brochure](#).

Please see more information below in the district official Media Release for School Nutrition Programs.

Payments

The district uses LINQ for our point of service payment system. To add money to your child's meal account, please download the LINQ Connect app or go to linqconnect.com. There is a national fee of \$2.60 for use of linqconnect for payments. All cafeterias also accept cash or check made out to Thomaston Food Services at no additional cost. Payments can be sent into school in an envelopment with your child's name, lunch ID, teacher's name/school and dollar amount enclosed. At the elementary levels this envelopment can be given to your child's teacher to provide to the cafeteria manager, at the middle and high school level, your child can deliver directly to the cafeteria manager. The entire amount will be deposited into the lunch account to withdraw both meal and a la carte purchases.

The LINQ Connect app can be downloaded from the Apple Store or Google Play, or visit linqconnect.com and click "Register." For assistance, contact LINQ Connect support at

support@linqconnect.com or 844-467- 4700. For faster response, try the new online web chat support feature at linqconnect.com. Here is a link to an [FAQ for parents](#) for LINQ registration as well.

LINQ Connect can be used to make one-time or recurring payments for student meals and snacks, view transaction history, setting spending limits, setting up low-balance notifications and transferring funds between students.

With any other questions on making payments please contact Jennifer Zarrilli, Food Service Director – 203-879-8145 or jzarrilli@thomastonschools.org

Charging

Parents must communicate with their children if they are allowed to take a breakfast or lunch each day. Breakfast or lunch will be provided if requested by students and accounts will be charged accordingly unless approved for free meals. If meals are charged, negative balances will incur. Weekly phone calls, text messages and email alerts will be sent out weekly if accounts become negative. A la carte items are unable to be charged with negative balances.

Transferring Students and Balance Refunds

If your student is graduating, transferring or you are requesting a transfer, refund or donation of LINQ account balance funds please complete [this form](#) and email back to jzarrilli@thomastonschools.org or mail to Jennifer Zarrilli 185 Branch Rd Thomaston, CT 06787. You can request a refund, transfer funds or donate leftover funds to help a family in paying their school balance. It takes 2-4 weeks to process requests. Checks will be mailed to the address indicated on the request form.

[August and September Menus](#) have been posted on the Thomaston Public Schools Website

Let me know if there are any questions and have a great day!
Jen

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Thomaston Public Schools
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Media Release for School Nutrition Programs

The Thomaston School District announced today its policy for determining eligibility of children who may receive free or reduced-price meals served under the National School Lunch Program (NSLP) and School Breakfast Program (SBP).

Local school officials have adopted the U.S. Department of Agriculture's (USDA) Income Eligibility Guidelines (IEGs) for family size and income criteria for determining eligibility. The following income guidelines will be used in Connecticut from **July 1, 2025, to June 30, 2026**, for determining participant's eligibility for free and reduced-price school meals and free milk in the Child Nutrition Programs (CNP).

Income Guidelines for Child Nutrition Programs: July 1, 2025, to June 30, 2026

Free Meals

Household Size	Annual gross income	Monthly gross income	Twice per month	Every two weeks gross income	Weekly gross income
1	20,345	1,696	848	783	392
2	27,495	2,292	1,146	1,058	529
3	34,645	2,888	1,444	1,333	667
4	41,795	3,483	1,742	1,608	804
5	48,945	4,079	2,040	1,883	942
6	56,095	4,675	2,338	2,158	1,079
7	63,245	5,271	2,636	2,433	1,217
8	70,395	5,867	2,934	2,708	1,354
Each additional family member	7,150	596	298	275	138

Reduced-price Meals

Household Size	Annual gross income	Monthly gross income	Twice per month	Every two weeks gross income	Weekly gross income
1	28,953	2,413	1,207	1,114	557
2	39,128	3,261	1,631	1,505	753
3	49,303	4,109	2,055	1,897	949
4	59,478	4,957	2,479	2,288	1,144
5	69,653	5,805	2,903	2,679	1,340
6	79,828	6,653	3,327	3,071	1,536
7	90,003	7,501	3,751	3,462	1,731
8	100,178	8,349	4,175	3,853	1,927
Each additional family member	10,175	848	424	392	196

The income calculations above are based on the following formulas:

- monthly income is calculated by dividing the annual income by 12;
- twice monthly income is computed by dividing annual income by 24;
- income received every two weeks is calculated by dividing annual income by 26; and
- weekly income is computed by dividing annual income by 52.

All numbers are rounded upward to the next whole dollar.

Students residing in households with income at or below the levels shown in the chart above are eligible for free or reduced-price school meals or free milk through SMP. Applications are available online through lingconnect.com or the Thomaston Public Schools Website under the Food Service Department. An electronic version of the document can be printed from the website as well and printed copies can be found in each schools main office. To apply for free or reduced-price school meals or free milk through SMP, households should fill out the application and return it to the school. Only one application is required per household and an application for free or reduced-price school meals cannot be approved unless it contains complete eligibility

information as indicated on the application and instructions.

The information provided on the application is confidential and will be used only for the purposes of determining eligibility and for administration and enforcement of the lunch, breakfast, and milk programs through SMP. Additionally, all school-aged students in income-eligible households can receive school meal benefits regardless of a student's immigration status and the district/school does not release information for immigration-related purposes in the usual course of operating the CNPs. Note that the district *may* share your eligibility information with education, health, social service, and nutrition programs to help them evaluate, fund, or determine benefits for their programs, auditors for program reviews, and law enforcement officials to help them look into violations of program rules. This information may also be verified at any time during the school year by school or other program officials. Applications may be submitted at any time during the year.

No application is required if the district directly certifies a student based on a household member receiving assistance from the Supplemental Nutrition Assistance Program (SNAP) or the Temporary Family Assistance (TFA) program. All students in these households are eligible for free school meals or free milk through SMP.

The school district will notify households receiving assistance under the SNAP/TFA programs of their eligibility and all enrolled students residing in the household will be offered free school meals or free milk through SMP unless the household notifies the determining official that it chooses to decline benefits. If any students were not listed on the eligibility notice, the household should contact the district or school to have free meal or milk benefits extended to those students. Households receiving SNAP or TFA benefits for their children should only submit an application if they are