

WHAT COUNTS AS FREE/REDUCED MEAL

Here are some reminders for you and your students on what "counts" as a free or reduced meal, based on what your family qualifies for. The meal requirements below are a federal mandate as the federal government is the entity that funds school nutrition programs.

• A free/reduced breakfast includes 3 of the following components:

Fruit, Grains, Protein, Milk – ½ cup of Fruit is required.

• A free/reduced lunch includes 4 of the following items:

Fruit, Veggies, Grains, Protein, Milk – ½ cup of Fruit or Veggies is required.

• If a student chooses to get less than the required number of meal items, it does not qualify as a meal and is therefore NOT free/reduced. They will be charged ala carte prices.

• Please explain to your student(s) they must have 3 things on their breakfast tray and 3 things on their lunch tray; one of which must be ½ cup fruit or vegetable.

What is **NOT** included in the free/reduced meal status...

- Elementary – TK through 1st grade afternoon snack milk- (.45 cents per day). You are able to opt out of snack milk; just inform the teacher.
- JH/HS – extra snacks, extra entrees, extra milk not included in the meals above

All "extras" are charged full price as the free/reduced status does not apply to those items (see not included list above).

If meal accounts are negative, neither students nor staff may get extras – regardless of paid/free/reduced status. A single meal is allowed when an account is negative but no extras are allowed. There are rules controlling what staff can say to students about negative balances; please have a conversation with your student(s) about what's ok for your family in terms of meal choices and extra purchases.

At the end of the day, your student(s) will not go hungry at school. We will provide breakfast and lunch each day for your children. This note is just to serve as a reminder as to what is included in the free or reduced status that your family has qualified for.

If you have any questions about your family's meal account, please contact Gina Bennett or Mary Pat Redlinger at the district office and we will be happy to help!