

School meals are delicious, nutritious and convenient

And for School Year 2022-23, school meals are **FREE** in Massachusetts for all kids aged 18 and under!

Are all school meals free?

All kids aged 18 and under qualify for ONE free breakfast and ONE free lunch every school day.

How does this benefit our school?



Each meal we serve supports our district

more meals
served
=
more school
funding



More funding means we can serve more students!

How does this work?



Massachusetts is one of five states in the country supplementing federal funding for school meals. This means that we must:

- Account for every meal for every student as either *paid* or *free and reduced* for accurate state and federal funding
- Track every meal through the point of sale system

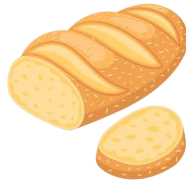
What makes a FREE lunch?

Students can choose ALL foods from the five food groups.

Students must pick AT LEAST 3 items and one must be a fruit or vegetable.



Meat/Meat
Alternates



Grains



Milk



Fruits



Vegetables

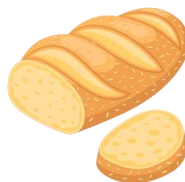
What makes a FREE breakfast?

Students can choose ALL foods from the items offered.

Students must pick AT LEAST 3 items and one must be a fruit.



Fruits



Grains



Milk