



2021-2022 Food & Nutrition Services Information

This year, there is such a thing as
FREE LUNCH
and breakfast! For all students #eatwellk12



Great news that will affect all students: the USDA Food and Nutrition Service extended the nationwide waiver program that will provide **free meals for all students, regardless of income, for the 2021-22 school year!**

FREE BREAKFAST MEAL & FREE LUNCH MEAL FOR ALL STUDENTS!

FREE & REDUCED APPLICATION

While all students are eligible for free meals this school year, you must re-apply for other benefits each school year. If you have not received notification about your eligibility status, you can apply for benefits online through [MySchoolApps.com](https://www.myschoolapps.com).



The application must be completed for **textbook assistance and other benefits**. If you have questions, please contact your school.

MY SCHOOLBUCKS

A meal is free this year, but there are extra items that your student may purchase a la carte. So, you may want to add money on your student account. If you haven't registered already, please go to [MySchoolBucks.com](https://www.myschoolbucks.com).

- Deposit funds and manage meal accounts
- Setup recurring payments & spending limits
- View transaction history
- Manage low balance alerts



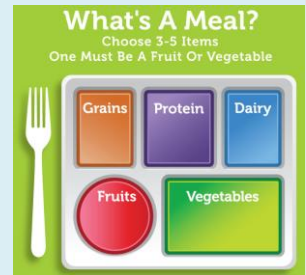
...SO WHAT COMES WITH A 'FREE MEAL'?

WHAT MAKES A FREE LUNCH MEAL?

A lunch meal contains the following 5 food components:

Protein, Whole Grains, Fruit, Vegetable, and Milk!

Students choose 3-5 of the components offered, but one must be a **fruit or vegetable!**



Serving sizes and menu selections will vary by grade group. They can take all 5 food components for the most nutritious and filling meal, but the choice is up to them!

WHAT MAKES A FREE BREAKFAST MEAL?



A breakfast meal contains 4 food items from these food groups: **Whole Grains** and/or **Protein, Fruit, & Milk!**

Students choose 3-4 items, but one must be a **fruit!**

WHAT IS NOT INCLUDED IN A MEAL?

There are items that are not included in the free meal, that your student may purchase a la carte:

- Extra entrees & sides
- Bottled water, bottled juices, and other low-calorie beverages
- 'Smart Snack' compliant snacks and ice creams

MENUS & NUTRITION

DID YOU KNOW?

To participate in the Federal School Nutrition Programs, we must follow a strict set of nutritional standards set by the USDA. All of our recipes and products are specially formulated to follow these guidelines, including being whole grain rich, low fat, low sodium and full of fruits and vegetables. Even our a la carte snacks and beverages follow these 'Smart Snack' guidelines!

You can find your school's breakfast and lunch menus on our [speedwayschools.schoolish.com](https://www.speedwayschools.schoolish.com) food service page.

