



**We are so excited to be able to continue to offer free breakfasts, and free lunches to each of our students.**

In order for meals to qualify, the student must take:

**At breakfast: 3 components out of 4, with 1 of them being 1 serving of fruit**

**At lunch: 3 components out of 5, with 1 of them being 1 serving of fruit or vegetables**

This **does not** include 2<sup>nd</sup> meals or ala carte items such as **milk (by itself)**, snacks, and drinks.

You are still able to send money with them, or for your child's account for them to purchase extras or snacks.

**Components of a meal include:**

- Grain
- Meat/Meat Alternative
- Fruit
- Veggie
- Milk

**\*\*\* We ask that you still fill out the income form. This is completely confidential, and most beneficial to our district. \*\*\***

**<https://linqconnect.com/public/income-form/new?identifier=FYRVN5>**