

# USDA No-Cost Meal Benefits Information

Information is current as of October 2020

The United States Department of Agriculture (USDA) is allowing Amherst Schools to offer on-campus students breakfast and lunch at no cost to families from September 23, 2020 through the remainder of the 2020-21 school year.

Students will still have to pay full price for any a la carte items they want to buy, including milk.

Families who have a Free and Reduced-price Meal Application expiring October 6, 2020 must still complete a new one for the 2020-21 school year. You can complete that [HERE](#). We must have this on file in order to waive instructional fees for those that qualify for free meals.

Below lists what can students receive at no cost to families:

## Breakfast (4-5 items):

1 Main Entrée (Bagel, Pancakes, Frudel, etc.; consists of grains, or grains + protein item)

2 fruits, but can take just 1

1 milk

*Students must choose 3 items, one being fruit.*

*All students will use their PIN numbers for breakfast.*

## Lunch (5 components):

1 Main Entrée (Pizza, Chicken items, Burgers, etc.; consists of grains and protein items)

2 fruits, but can take just 1

2 veggie choices (but can take just 1; each potato item is considered 1 veggie choice)

1 milk

*Students must choose 3 components, one being fruits &/or veggies.*

Any money your student borrowed before September 23, 2020 still needs to be paid back. You will receive an email or a paper copy of how much your student owes.

If you have any questions regarding the Nutrition Services Department, please contact Deanne Pastva, Nutrition Services Supervisor at 440-988-1991 or [deanne\\_pastva@amherstk12.org](mailto:deanne_pastva@amherstk12.org).