

## USDA No-Cost Meal Benefits Information

Information is current as of August 10, 2021

The United States Department of Agriculture (USDA) is allowing Amherst Schools to offer all students breakfast and lunch at no cost to families for the entire 2021-22 school year (August 19, 2021 through May 26, 2022).

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

Below lists what can students receive at no cost to families from August 19<sup>th</sup> – May 26<sup>th</sup>:

### 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.*

### 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 fruit &/or veggies.*

Free & Reduced-price Meal Applications will not be required to receive free meals. However, to be eligible for any *possible* future P-EBT funds and/or waive your child(ren)'s instructional fees, you **WILL** need to fill out an official Free & Reduced-price Meals Application for your student(s). This includes, but is not limited to, incoming preschool and kindergarten students, or anyone new to the district. You can also submit a new Free & Reduced-price Meals Application if your household circumstances have changed. You can complete that [HERE](#). We will also need a Free and Reduced-price Meals Application for your child(ren) to receive free or reduced-price meals for the beginning of the 2022-23 school year.

Please make sure your child has money on their PaySchools Central account to purchase a la carte items (including milk by itself). You can add money to their PaySchools Central account [HERE](#), or send in cash or check with your student. Any balance (positive or negative) your student had at the end of the 2020-21 school year will carry over to the 2021-22 school year. You can check their balance [HERE](#).

If you have any questions regarding the Nutrition Services Department, please contact:

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