



# STUDENT DINING SERVICES

YOUR CHILD QUALIFIES FOR FREE SCHOOL MEALS



## FREE SCHOOL MEALS

The National School Lunch and Breakfast Act allows school districts to directly certify students as eligible for free school meals using the Supplemental Nutrition Assistance Program (SNAP), Ohio Works First (OWF), or Medicaid information. We hope this will make it easier for your child to take part in school meals.

**Please do not fill out a Free or Reduced-Price School Meals Application for your student.**



## BREAKFAST GUIDELINES

Breakfast is provided at no charge to all CPS students. Breakfast includes an entrée with whole grains and/or lean protein, fruit, 100% juice, and choice of milk.

Students must select at least three menu items, one of which must be a serving of fruit or vegetables.

## MENUS AND STUDENT ACCOUNT INFORMATION

CPS is going green! View our menus online by using the SchoolCafe app or visit SchoolCafe.com! While CPS does accept cash, parents may also use SchoolCafe to pay for à la carte items using a credit card or electronic check.

With SchoolCafe, you can:

- View menu item images and descriptions
- Find nutritional information
- Filter menu for specific food allergens
- Access carbohydrate counts
- Rate menu items
- Schedule automatic payments
- Receive e-mail notifications of account balances
- Maintain one account for multiple students
- Complete a Meal and Educational Benefits Application



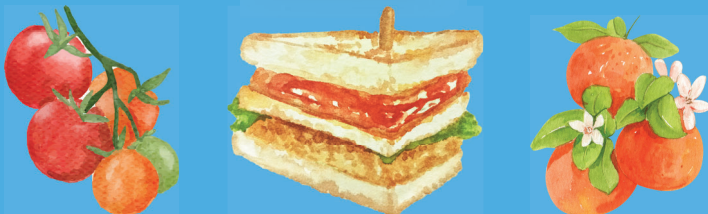
\*CPS does not allow meal accounts to have a negative balance.



## BRINGING A LUNCH?

If students prefer to bring their favorite lunch from home, they may still add menu items from our serving line at no charge!

Students must pick three to count as a free lunch, one of which must be a serving of fruit or vegetables.



## LUNCH GUIDELINES

Our lunch program offers a variety of hot and cold entrées, along with fresh fruit and vegetables. Lunch includes an entrée with lean protein and whole grains, two servings of fruit, two servings of vegetables, and choice of milk.

Students must select at least three components, one of which must be a serving of fruit or vegetables.

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## SPECIAL DIETS

To accommodate students with special diets due to a medical need, please complete a Special Dietary Needs Form and have it signed by a licensed medical professional.