



NORTH SALEM

CENTRAL SCHOOL DISTRICT
230 June Road North Salem, New York 10560
(914) 669-5414 Fax (914) 669-8753

Brandy Keenan
President, Board of Education

Adam VanDerStuyf, Ed.D.
Superintendent of Schools

Dear North Salem Central School District Community,

We are excited to announce that the North Salem Central School District is participating in the Child Nutrition Universal Free Meals program. This program provides free meals to all children in the school, regardless of household income.

The program offers a variety of healthy and nutritious meals, including breakfast and lunch. All meals offered to students follow USDA Guidelines and our Board of Education policy for milk, fruits, vegetables, proteins and grains. A la carte items such as water and snacks will still be available for purchase.

How it works:

- We (the school district) provide a complete meal to your child at no cost to you. **There is no action required on parents/guardians for students to receive free meals.**
- We submit for reimbursement from the State and Federal government.
- We continue to be required to verify eligibility for free or reduced meals three times a year.

What we need from parents/guardians:

In order to streamline reimbursements and maximize our ability to deliver the most benefits to your children, we ask that you continue to fill out and submit the **2025-2026 Application for Free and Reduced-Price School Meals/Milk** form. This form can be found in the district calendar mailed to your homes in August, as well as on the district's website on the Food Services page.

- This form helps the school district to qualify for Federal and State Grants that support other instructional initiatives.
- Additionally, if eligible, you may qualify to receive waivers for college applications, admissions tests like SATs and ACTs and discounted school fees.

Frequently Asked Questions:

1. What is a complete meal?

A complete breakfast consists of 4 items to choose from:

- Whole Grains: 2-ounce equivalent serving (choose 1)
- Protein: 1-ounce equivalent serving (choose 1)
- Fruit: 4-ounce equivalent serving (choose 1 or 2)
- Milk: 8-ounce equivalent serving (choose 1)

Note: Students must choose at least three items offered with one of those being a fruit or an incomplete meal will be charged at à la carte prices.

A complete lunch consists of 5 components:

- Whole grains: 2-ounce equivalent serving (choose 1)
- Protein: 2-ounce equivalent serving (choose 1)
- Vegetable: 4-ounce equivalent serving (choose 1 or 2)
- Fruit: 4-ounce equivalent serving (choose 1 or 2)

- Milk: 8-ounce equivalent serving (choose 1)

Note: Students must choose at least three components offered with one of those being a vegetable or fruit or an incomplete meal will be charged at à la carte prices.

2. Does this mean all food at the schools are free?

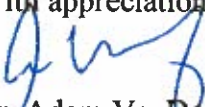
- No, not all meals are free. The first complete breakfast and first complete lunch are free. Any additional meal or meal components are charged at a la carte prices. Snacks will also be charged at a la carte prices and are not included.
- Additionally, meals are only free to students. Adults will continue to pay the posted rates.

3. Do I have to do anything for my child to receive no-cost meals?

- No, no action is required from parents/guardians to take advantage of this program. However, the district appreciates if parents/guardians can fill out and submit the **2025-2026 Application for Free and Reduced-Price School Meals/Milk** form.

To learn more about the program please contact Darleen Sherr at (914) 669-5414, ext. 1014 or dsherr@northsalemschools.org with any questions you may have.

With appreciation,



Dr. Adam VanDerStuyf
Superintendent of Schools

Reference Links:

<https://www.nysed.gov/standards-instruction/ap-ib-act-and-sat-fee-waiver-programs-new-york-state-students>