



MANHASSET PUBLIC SCHOOLS

Excellence Through Effort

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Attention Manhasset Public Schools: Free Meals Available for Children

Dear Parents and Guardians

We're pleased to announce that beginning immediately, Manhasset Public Schools will participate in the New York State Child Nutrition Universal Free Meals Program. Through this initiative, all students will receive lunch at no cost, regardless of household income.

The program offers a variety of healthy and nutritious meals. Children can choose from a wide range of options, including vegetarian and vegan meals. All meals offered to students follow USDA Guidelines for milk, fruits, vegetables, proteins and grains. A la carte items such as water and snacks will still be available for purchase.

How it will work:

- Manhasset Public Schools will provide all students with a complete lunch at no cost to families. **No action is required from parents or guardians for students to receive free meals.**
- The district submits reimbursement claims to the State and Federal government to support this program.
- Eligibility verification for free or reduced-price meals continues to be required three times annually.

What we need from parents:

- To streamline reimbursements and enhance our ability to provide the greatest benefit to your children, we kindly ask that those families that qualify for free and reduced lunch continue to complete and submit the [Household Income Form](#).
 - This form enables the school district to qualify for Federal and State grants that help fund additional instructional programs.
 - Eligible families may also benefit from waivers for college application fees, standardized tests such as the SAT and ACT, and discounted school related expenses.

Frequently Asked Questions:

1. What is a complete meal?

- a. 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 is free?

- a. While the first complete lunch each day is provided at no cost to students, any additional meals or meal components will be charged at a la carte prices. Snacks are also not included and will be charged accordingly.
- b. Meals are only free for students. Adults will continue to pay the posted rates.

3. What benefits are there of the Child Nutrition Universal Free Meal program?

- a. Improved health: Children who receive nutritious meals are more likely to maintain good health and thrive academically and socially. Healthy eating supports their ability to learn, play, and reach their full potential.
- b. Reduced hunger: The program ensures that all children have consistent access to wholesome meals, helping to alleviate food insecurity and promote wellbeing.
- c. Reduced costs: By providing free meals, the program helps reduce the financial burden on families, easing the cost of daily nutrition for children.

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

- a. No action is required from parents to participate in this program; all eligible students automatically receive benefits. However, the district kindly encourages parents to complete and submit the 2025-2026 Application for Free/Reduced Meals, which supports access to additional funding and resources.

Sincerely,

Gerard Antoine

Assistant Superintendent for Business & Operations

Reference Links:

[AP, IB, ACT, and SAT Fee Waiver Programs for NYS Students](#)

[Manhasset UFSD Nutrition Services webpage](#)