



FREE Lunch for Every Student!

Dear Parent/Guardian,

Did you know your child can enjoy free, nutritious meals at Asheville City School?

That's right! Even if you currently pack your child's lunch, they are still always welcome to participate in free school meals.

It's a simple way to make sure your child stays full and gets the fuel they need to stay focused and energized throughout the day.

Here's why it's a smart choice:



Save on groceries by letting us provide these delicious items.



Quality food like **COLD** milk and fresh, crisp fruits and veggies, in addition to hearty entrees cooked and served by professionals.

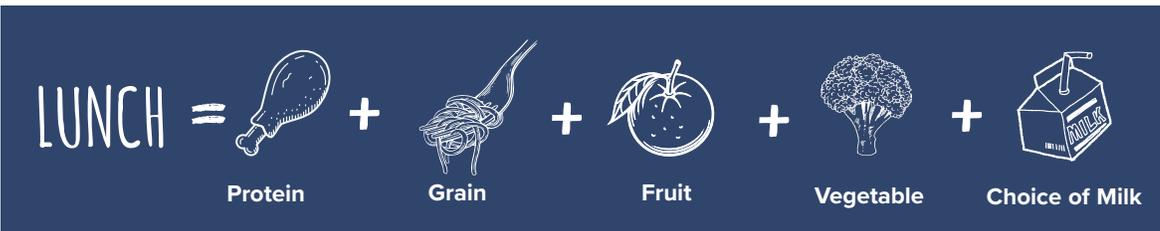


More variety for picky eaters with rotating, student-approved menu items.

At lunch, they can make their selection from five meal components: cold milk, protein, grains, fruits, and vegetables, but are only required to take at least 3 food groups, including at least ½ cup of fruits or vegetables. This style of service promotes student choice, balanced meals, and reduces food waste.

Whether your child already participates in the school meal program or prefers to bring their favorites from home, this is a great opportunity to take advantage of a valuable benefit.

Choose 3 or more food groups including at least ½ cup of fruit and/or vegetable.



Check out the menus on <https://ashevillecityschools.nutrislice.com/menus-eula>



Every student is eligible to walk through the cafeteria line and select from fresh, tasty options and cold milk at **no cost.**

Lots to Love about FREE School Lunch!



Healthy, Balanced, Safe Meals



We oversee* what goes on the plate so you don't have to!

- ☑ Tastes great
- ☑ Limited sodium
- ☑ Lots of delicious fruits, veggies, and chilled low-fat milk

Additionally, school kitchens always meet or exceed state guidelines for safe food, including keeping hot food hot and cold food cold until it's served. With plenty of warm, filling options there's no need for your child to wait at the microwave to heat their packed lunch.

**by following USDA NSLP Guidelines*

Power of Choice



With multiple daily options for entrees and sides, kids have the power to choose what they want to eat every day!

Take Back Your Time



Add up the time you spend planning meals, grocery shopping, prepping and packing lunches, and cleaning the lunch box. You can put more time back in your day by leaving meals to us.

Compare Costs



Families can spend less at the grocery store. Consider the cost of soaring grocery store prices, and think about what your child eats and enjoys. Then add in any cost for baggies, cutlery, icepacks and lunchboxes. Free school lunch is clearly the best value!

Less Waste



We all know kids can be picky. School lunch allows them to choose what they want to eat each day rather than throwing away any unwanted food packed in their lunch.

Better for Kids



Research shows that kids who eat school meals are more attentive in class, have better attendance, and may have fewer disciplinary problems.

Try Something New!



Packed lunches often consist of the same rotation of foods. School lunch gives your child the opportunity to try different foods every day.

Our team of chefs and dietitians are constantly developing new recipes that keep up with trends (and are kid-approved)!