



Frequently Asked Questions: What Counts as a Free School Lunch?

What is included in a free school lunch?

To receive a free school lunch, students must select a **complete meal** that meets National School Lunch Program requirements.

A complete lunch includes:

- ✓ **Fruit and/or Vegetable**
- ✓ **Grain** (such as bread, pasta, rice, or a roll)
- ✓ **Protein** (such as chicken, beef, beans, cheese, or yogurt)
- ✓ **Milk**

Does my child have to take every item offered?

No. Students are not required to take every item available. However, to qualify as a complete reimbursable meal, students must select at least **three of the five offered meal components**, and **one of those components must be a fruit or vegetable**.

What are examples of a complete free meal?

Example 1

- Chicken sandwich
- Apple
- Milk

✓ Counts as a free meal.

Example 2

- Pizza slice
- Carrot sticks
- Orange

✓ Counts as a free meal.



Example 3

- Salad entrée
- Apple
- Milk

✓ Counts as a free meal.

What are examples of selections that do NOT qualify as a free meal?

Example 1

- French Fries

✗ Not a complete meal, missing required components. Will incur a charge

Example 2

- Bag of chips
- Cookie

✗ Snack items do not qualify as a meal. Will incur a charge.

Example 3

- Chicken Nuggets

✗ Not a complete meal, missing required components, will incur a charge.

Can my child purchase additional items?

Yes. Students may purchase additional entrées, extra meat, snacks, beverages, or à la carte items. These items are **not included** in the free meal benefit and will be charged to the student's account.

Can I prevent my child from purchasing extra items or charging their meal account?

Yes. Parents/guardians who **do not** want their child to purchase additional items or charge items to their meal account should contact the Food Service Department at FoodService@briarcliffschools.org to discuss available restrictions that can be placed on student meal accounts.



A FULL TRAY **WILL FUEL YOUR DAY!**

Choose all 5 food components below for the best nutrition.

You will feel more energetic & more focused in school!

Remember:

For a **REIMBURSABLE MEAL**

You **MUST** put
AT LEAST

2 full components
PLUS

1/2 cup of
FRUIT
or **VEGGIE**
ON YOUR TRAY!



All of our meals meet the USDA National School Lunch and Healthy Hunger Free Kids Act requirements.

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