

# USDA No-Cost Meal Benefits Information

Information is current as of August 2, 2021

The United States Department of Agriculture (USDA) is allowing Amherst Schools to offer all students breakfast and lunch at no cost to families for the entire 2021-22 school year (August 19, 2021 through May 26, 2022).

Students will still have to pay full price for any a la carte items they want to buy, including milk.

Below lists what can students receive at no cost to families from August 19<sup>th</sup> – May 26<sup>th</sup>:

## Breakfast (4-5 items):

- 1 Main Entrée (Bagel, Pancakes, Frudel, etc.; consists of grains, or grains + protein item)
- 2 fruits, but can take just 1
- 1 milk

*Students must choose 3 items, one being fruit.*

## Lunch (5 components):

- 1 Main Entrée (Pizza, Chicken items, Burgers, etc.; consists of grains and protein items)
- 2 fruits, but can take just 1
- 2 veggie choices (but can take just 1; each potato item is considered 1 veggie choice)
- 1 milk

*Students must choose 3 components, one being fruit &/or veggies.*

All families who feel they qualify for free or reduced-price meals, will still need to apply online in order to waive instructional fees for those that qualify for free meals. You can complete that [HERE](#). We will also need a Free and Reduced-Price Meals Application in order for your child(ren) to receive free or reduced-price meals for the beginning of the 2022-23 school year.

Please make sure your child has money on their PaySchools Central account to purchase a la carte items (including milk by itself). You can add money to their PaySchools Central account [HERE](#), or send in cash or check with your student. Any balance (positive or negative) your student had at the end of the 2020-21 school year will carry over to the 2021-22 school year. You can check their balance [HERE](#).

If you have any questions regarding the Nutrition Services Department, please contact:

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