

FOOD SERVICE FREE MEAL PROGRAM



DEAR NEWTOWN FAMILIES,

Newtown Public Schools are participating in the federally funded Seamless Summer Option (SSO) of the National School Lunch Program (NSLP). Under SSO, nutritious meals are provided free of charge to all children 18 years of age or younger. For the rest of the school year 21-22 all children 18 years of age or younger, regardless of income level are eligible for one FREE lunch! Students attending Newtown High School will be eligible for one free breakfast and one free lunch per day.

WHAT IS IN A FREE MEAL?

All five components (meat-meat alternative, grain, fruit, vegetable and milk) will be included in these meals. Students will have daily and weekly alternates based on the monthly menu. Menus can be accessed online through

FD Meal Planner: <https://www.fdmealplanner.com/#Newtown> , pick students location, click on printable tab to see all available options being served daily,

or it can be accessed through Newtown Public Schools Website.

Questions and Answers regarding free school lunch:

:Q What does my student receive with a free lunch?

A: A free lunch comes with the choice of one main entrée (hot or cold) choice of Milk (choc, 1%, fat free, or Strawberry when available, and variety of Fruits and vegetables.

Q: What if my student wants a second meal?

A: A student can have a second meal but it is not free. Only the students first meal is free and if they want a second it will have to be paid for at regular price of a school lunch though their account.

Q: What if my student would like just a milk?

A: Newtown does not participate in a milk program based on eligibility with the National School lunch program, therefore if a student would like just a milk or a second milk with their lunch, it will have to be purchased at the regular price of milk.

Q: Can my student have water for lunch?

A: Bottled water is not included with the free lunch program and can not be substituted for milk with the free meal option. Bottled water and snacks are not free and are not included in the free meal option but can be purchased at lunch time.

**Together we can find the school
nutrition solution for your students,
your school, and your community.**