

SCHOOL MEAL GUIDELINES

MEAL COMPONENTS

MEAT / MEAT
ALTERNATIVE

BREAD/GRAIN

FRUIT
FRUIT JUICE
VEGETABLE

8-OZ. MILK

BREAKFAST MEAL

MEALS ARE FREE FOR ALL STUDENTS FOR THE 2021-2022 SCHOOL YEAR*

*MAY CHANGE DUE TO AVAILABILITY OF USDA FUNDS

All meals are packaged ready-to-eat with a bread/grain, fruit and/or fruit juice and milk.



EXAMPLE BREAKFAST MEALS:

Muffin, cereal, fruit juice, milk
Banana bread, fruit juice, milk
Breakfast Break, alone or with milk

LUNCH MEAL

MEALS ARE FREE FOR ALL STUDENTS FOR THE 2021-2022 SCHOOL YEAR*

*MAY CHANGE DUE TO AVAILABILITY OF USDA FUNDS

All meals are packaged ready-to-eat with a bread/grain, meat, meat alternative, fruit or fruit juice, vegetable and milk.

EXAMPLE LUNCH MEALS:

Chicken tenders, rice, orange, milk
8-oz. yogurt, bagel, apple, side salad, milk
Entrée salad, peaches, milk
Pizza, apple, fruit juice, milk

IMPORTANT NOTICE:

Even though meals are free for all students, families that qualify **must still fill out a free and reduced meal application.**

You can find the application at gateschili.org/spartaneats



You may fill out an online application that will be processed immediately or a paper application and turn it into the School Nutrition Office at Gates Chili Middle School.