
Farmington Public Schools has obtained a waiver and USDA funding to provide meals free of charge to all students. This includes one breakfast and one lunch. **Starting Monday, August 30th** all students will be able to receive free meals.

WHAT MAKES A FREE MEAL (at this time):

Breakfast:

- Select a 1/2 cup of Fruit or Vegetable (or both)
- Pick a second serving of fruit, or a Whole Grain, Protein or a serving of Milk
- Take a minimum of 3 food items

Lunch:

- Select a 1/2 cup of Fruit or Vegetable (or both)
- Pick at least two other food groups, such as Whole Grains, Protein, or a serving of Milk
- Take a minimum of 3 food groups and a maximum of 5

***A La carte items and snacks will be charged to families. They are not included in the free meal.**

We are glad to be able to meet the needs of students during these times with approval to run this program. Due to the unknown timeline that it will be available, we urge families to submit updated **free and reduced meal applications**. The application will be valid through the end of the school year. Applications are confidential, and instructions for applying can be found at www.fpsct.org under **Food Service**. If you have any questions, please contact Nicole Phoenix at phoenixn@fpsct.org.

If you have any questions regarding our school lunch program please contact Beth Haber at haberb@fpsct.org.