

What you need to know about the National School Lunch Program (NSLP)

1. All schools in the Ridgefield Public School District are on the NSLP.
2. The NSLP is a USDA approved school lunch program that provides a free meal to students each day, as long as the meal contains 3 out of 5 required meal elements. Each meal **MUST** contain a fruit or vegetable as one of the elements. There will be further communication regarding how this program applies to breakfast at RHS.

**3. What are the required meal element categories?
Fruit, Vegetable, Milk, Meat/Meat Alternative, Grain**

Menus are designed with the 5 components in mind so that students can walk up to any station in the school cafeterias and get the free meal. When students remove components of the free meal – for example – perhaps a student says "No broccoli" when the meal being offered is Orange Chicken with fried rice and broccoli, the meal is not considered complete or free. The student must then take a fruit serving to complete the meal so that it can meet the requirements of a free meal.

4. What items are not considered part of a free meal?

Snacks – Chips, Rice Krispie Treats, Pop Tarts, Ice Cream, or other brand packaged snacks

Bottled/Canned Beverages – Bottled Water, Seltzers, Flavored Waters, Snapple Juices

Additional Meals/Extras - Getting multiple entrees will result in being charged for an additional meal, as the NSLP only provides the one free meal. Requesting extra of a certain item will result in an additional charge, as it exceeds the mandated serving size.

5. Free complete meals are considered reimbursable by the state, as the NSLP is a government funded program.

Who to contact with further questions:

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Or

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