



08/26/2021

FREE LUNCH PROGRAM

All students in grades 1-8 are entitled to receive a free lunch option under the Seamless Summer Option (SSO) Free lunch program. Lunches do not include bottled beverages, snacks or desserts (cookies, ice cream, and bagged snacks).

ELEMENTARY

Your child is entitled to the daily lunch or alternate choice listed on the Council Rock website. This lunch consists of:

- Protein (meat, cheese, egg, tuna, etc.)
- Bread or grain
- Fruit (fresh, canned or frozen)
- Vegetable (fresh, canned or frozen)
- Milk (1% or skim unflavored OR fat-free or skim in assorted flavors) - **NO SUBSTITUTE BEVERAGE**

MIDDLE SCHOOL

A complete lunch consists of:

- **One** entrée – see choices below.
- Vegetable (hot selection or potato or celery/carrots/broccoli with dressing)
- Fruit choice (fresh, canned, or frozen) or fruit juice
- Milk (1% or skim unflavored OR fat-free or skim in assorted flavors) - **NO SUBSTITUTE BEVERAGE**

Entrée choices are:

- A hot sandwich – hamburger, cheeseburger, steak, chicken patty, or special sandwich of the day.
- A slice of pizza
- A deli sandwich, hoagie or wrap
- A premium salad with a roll
- The hot meal feature of the day

Please note the following items **are not included** in the free lunch program:

- Desserts (eg. cookies, cakes, brownies, ice cream)
- Snack foods (eg. pretzels, nachos, bag snacks)
- Bottled beverages other than water

Please be aware that any food item outside of the items listed above will not be considered a component of a free meal and must be paid for separately. If you require further clarification, contact the food services manager at your child's school. A student receiving a free meal must choose at least 3 items for the lunch to be considered complete as per the Department of Child Nutrition regulations, one of which must be at least a half-cup serving of a fruit or vegetable. Anything less than this will be considered an a la carte purchase and must be paid for by the student.