

Completing a Free and Reduced Meal Application means **SO MUCH MORE** than a **FREE LUNCH!**

The benefits of participating in the school meal program are important to you and your child(ren)!

- Provides nutritious breakfast and lunch meals each school day
- Eliminates the financial strain and food preparation on families to provide children with meals on school days
- Improves the health, well-being, behavior and academic success for children
- Supports a healthy diet and good nutrition throughout the day to support learning
- Reduces food insecurity, obesity rates and poor health
- Provides a variety of food choices, especially for fruits and vegetables



Please complete your application by August 5th to ensure your benefits are in effect for the first day of school.

A new application must be filled out each school year in order for the meal benefits to continue.

REGISTER TODAY AT

<https://www.myschoolapps.com/>

The application is confidential and only takes a few minutes to complete online.