

## Frequently Asked Questions about School Meals

### **How much do student school meals cost?**

Fargo Public Schools (FPS) participates in the USDA's School Lunch Program. This program provides monetary reimbursement from the Federal Government to the school district for every meal served. These meals are generally referred to as "reimbursable". This funding helps cover the cost of serving the meal so that it can be provided to students at a reduced price. For the 2018 school year, breakfast at elementary is \$1.45 and \$2.40 for lunch.

Households may apply for financial assistance to pay for school meals. For students qualifying for Reduced Price meals, breakfast is free (the state of ND pays the \$0.30 fee) and lunch is \$0.40. Students qualifying for Free meals receive school meals at no charge. For more information on financial assistance for school meal programs, go to <https://www.fns.usda.gov/school-meals/applying-free-and-reduced-price-school-meals>

Each student is allowed one reimbursable breakfast and lunch (at the above price) per school day. Additional meals are priced at the advertised "Adult" meal price.

### **Are school meals available to adults and other non-students?**

Employees and visitors to the school are welcome to eat in the school cafeterias. Financial assistance is not provided to the school district for these meals, so the price for these meals is higher (a minimum of \$0.65 per federal guidelines). For the 2018 school year, breakfast is \$2.15 and \$3.45 for lunch. Portion sizes are the same for student and non-student meals.

### **What menu options are available to students choosing a reimbursable school meal?**

The USDA has established guidelines for meals to qualify for reimbursement. These guidelines also apply to meals served as part of the Free and Reduced Price assistance program. The guidelines require students to take at least 3 of the 5 meal components offered at lunch. Of the 3 or more components chosen, at least one serving must be a fruit or vegetable. For a breakfast meal, students must take at least 3 of the 4 meal components offered and must have a minimum of one serving of fruit.

Students may choose to take all of the meal components (4 at breakfast, 5 at lunch) at the school meal price. Two components might be combined in one offering. For example, a slice of breakfast pizza with eggs, cheese, and crust provides a meat/meat alternative component and a grain component. The slice of pizza would count as 2 components.

In elementary schools, only reimbursable meals are served and available for purchase with the exception of cartons of milk. If students don't take enough of the required components, they will be asked to put an additional item on their trays. Students are not forced to take or eat food. However, if a student refuses to add the necessary items to their tray to comply with the guidelines for reimbursable meals, the meal will be charged at the Adult price.

**How can I manage my student's lunch account?**

Balances may be reviewed by logging into the [PowerSchool](#) parent portal and clicking on SchoolPay. Through SchoolPay, parents may check balances, deposit money into student accounts electronically, and setup low balance notifications. Electronic payments may be made using credit, debit, or bank account. Money can also be added to an account at the school's office or by mail. Parents are encouraged to discuss spending expectations with their child/ren. For further details, visit <https://www.fargo.k12.nd.us/Page/2008>

**For more information on the USDA National School Lunch Program, visit <https://www.fns.usda.gov/nslp/national-school-lunch-program-nslp>**