



Nutrition Services

By Cindy Hogenson, Nutrition Services Director

Free Meals Program Extended for 2021-22 School Year

The United States Department of Agriculture (USDA) announced that it has extended waivers to provide free school meals through the 2021-22 school year, helping to keep millions of children fed amid the Corona Virus Pandemic.

Students may receive one breakfast and one lunch meal free each day. A meal must contain at least three of the five components: Meat/Protein, Fruit, Vegetable, Grain, and Milk. Second meals and food items, when not a meal, and a la carte items (extras) will need to be purchased with available funds either in the student's lunch account or with cash. These purchases cannot be charged. Students bringing lunch from home are encouraged to take a milk and two or more items (such as fruits and vegetables) to supplement their lunch.

The District will collect [Student Fees Assistance and Benefits Applications](#) (also known as Free and Reduced-Price Meal Application). **Even though meals are free, households can receive additional benefits when submitting an application and qualifying:**

- Waived (cancelled) fees for school related activities such as instrument rentals, activity fees, exam fees, and others.
- Increase funding to the District for educational programs through Title 1 funding, foundation aid, e-rate for technology grants, and others.

Applications can be completed online at EZmealapp.com. Paper applications are available in school offices and can be downloaded from the [FPS website](#) under the department of Nutrition Services or by clicking [this link](#). Completed paper applications can be submitted to any school or mailed to Fargo Public Schools Nutrition Services, 3901 40th Ave S, Fargo ND 58104. Only one application is needed for each household. A new application must be completed each year.

For more information about FPS school meals, visit the [Nutrition Services page](#) on the District website.

