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Needham Public Schools 2023-2024

Free Breakfast & Lunch for All Students

Needham Public Schools is providing **free breakfast and lunch to all students** with funding provided by the State of Massachusetts. Children enrolled in the district are eligible for **free meals regardless of eligibility**.

Following two years of funding provided by the United States Department of Agriculture (USDA), Massachusetts is now the 8th state to provide meals free of charge **permanently**. This investment in universal school meals reflects the importance Massachusetts has given to ending childhood hunger, among those leading the nation in food equity.

Meals must be complete in order to be free of charge. This means a lunch must consist of three of the five components offered; meat/meat alternative, whole grains, fruit, vegetable and milk. A fruit or vegetable must be one of the three components selected; we provide unlimited amounts of these healthy options to our students. Breakfast must consist of three of the four components offered; fruit, two whole grains (or one whole grain and one protein), and milk. Fruit must be one of the selected components for the meal to be reimbursable.

What is not free? Anything that is a la carte or extra, such as second entrees, snacks, water, seltzer, yogurt, and other items clearly marked in the cafeteria with a price are charged a fee. Your student will need to have money in their account or have cash for purchasing these items. We will not provide your student any of these extra items if they don't have money to pay for them.

While families do not need to complete any applications to qualify for the free meals, we do encourage those families who believe they may qualify or have, in the past, qualified for free meals or other school benefits (e.g., scholarship for athletics) to complete a [Free and Reduced Meal Benefit Application](#) and sharing information form, for the purpose of receiving scholarships, fee waivers or fee reductions to numerous student programs and extracurricular activities including pupil transportation, athletics, field trips, and numerous other school programs.

To learn more about our Nutrition Services and cafeterias, please check out the district website: [NPS Nutrition Services](#) or contact Emily Murphy, Director of Nutrition Services at emily_murphy@needham.k12.ma.us Phone: 781-455-0400 x11216