



Mason Elementary School

School Administrative Unit #89
13 Darling Hill Rd. Mason, NH 03048
(603) 878-2962 (603) 878-3439 (fax)

September 1, 2021

Dear MES Families!

We are happy to announce that during the 2021-2022 school year, all students in grades K-5 will be able to get a breakfast and a lunch for free every day! Preschool students are eligible to receive free breakfast (please let Mrs. Terrill know if you want breakfast for your child). There is no enrollment or paperwork required to receive meals.

To qualify for a free meal:

Breakfast:

Schools are required to offer 4 items and students **must select** 3 of the items to make a meal.

- Entree (2 items) 2 grain OR 1 grain and 1 meat/meat alternate
- Fruit/Vegetable*
- Milk

*Vegetables are not a required component at breakfast, but can be served in place of the required fruit component.

Lunch:

Schools are required to offer 5 components and **students are required to take 3** of the 5 components to make a meal.

- Bread/Grain
- meat/meat alternate
- Fruit
- Vegetable
- Milk

If students do not take the required components for a free meal they will be charged for each item separately. If students want single items instead of a meal, seconds on

items besides fruit & vegetables, just milk or juice, these will be sold separately and charged to their account. You will be notified if your child has an outstanding bill at the end of each month.

Please reach out if you have any questions about this amazing program!

CHEFrey - Food Service Director

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