

FAMILY GUIDE

Food & Nutrition Services

(FNS) ----- 2022-2023 -----

NATIONAL SCHOOL LUNCH PROGRAM

Our lunch program offers a variety of hot and cold entrées, along with fresh fruit and vegetables. Lunch includes entrée of lean protein and whole grains, fruit, vegetables, and milk.

MENU INGREDIENTS AND GUIDELINES

BPS uses its own high-standard guidelines for food quality, food safety, nutrition, and variety. They are applied to menu development and procurement, and support our nutrition standards, and pertain to all USDA programs administered by FNS.

The Guidelines are informed by sources of evidence-based research. Scan the QR code for more information.



UNIVERSAL MEALS

Boston Public Schools (BPS) will continue to participate in the federal Community Eligibility Provision (CEP) which means free breakfast and lunch to all students.

SCHOOL BREAKFAST PROGRAM

Breakfast is offered at breakfast kiosks for students to take breakfast to their classrooms. Breakfast includes entrée with whole grains and/or lean protein, fruit, and milk.

BRINGING A LUNCH FROM HOME?

If students prefer to bring their favorite lunch from home, they may still add a fruit, veggie, and milk from our dining room at no charge! They must pick 3 meal items to count as a free lunch!

FRESH FRUIT AND VEGETABLE PROGRAM

The Fresh Fruit & Vegetable Program is available at many elementary schools and introduces fresh fruits and vegetables two days a week to students.

SPECIAL DIETS

To accommodate students with special diets due to a medical need, a Special Dietary Needs Form must be completed and signed by a licensed medical professional. Scan the QR code to view the form.

