



DRYDEN

PARENT GUIDE

FOOD SERVICE

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 an entrée of lean protein and whole grains, fruit and/or vegetables and low-fat white or low-fat chocolate milk.

FREE MEALS ARE NO LONGER AVAILABLE

We have enjoyed serving all of our students lunch at no-cost to you for the past two years, but our current guidance from the USDA does not allow us to serve free meals to students in the 2022-2023 school year.

SCHOOL BREAKFAST PROGRAM

All schools have a breakfast service which allows students to take breakfast to their classrooms, increasing consumption and improving their readiness to learn. Breakfast includes an entrée with whole grains and/or lean protein, fruit, 100% juice and low-fat white or low-fat chocolate milk.

THE IMPORTANCE OF FREE AND REDUCED MEAL FORMS

You are highly encouraged to fill out the free and reduced meal application for your family. Applications are now available along with pricing and payment options. The USDA will continue to update us throughout the school year, and we will notify you of new policies as they become available. Families who fill out these forms are eligible for additional benefits including reduced college testing and application fees as well as helping to provide essential funding for our school.



DID YOU KNOW?

Students who eat nutritious meals like the ones provided by DCSD for breakfast and lunch experience:

- Improved cognitive function
- Higher test scores
- Better attention spans
- Better classroom behavior
- Fewer absences
- Improved mood

SPECIAL DIETS

To accommodate students with special diets due to a medical need, a note signed by a licensed medical professional must be sent.

THANK YOU FOR ALLOWING US TO FEED YOUR CHILDREN

We will continue to serve high quality, nutrient dense meals that students enjoy. Our school lunch program is a solely funded entity that only receives revenue from meals served. When parents and students choose to purchase a lunch from school, it is the equivalent of supporting a small business. We greatly appreciate your support.

#LionPride