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## Free & Reduced Meals

Parents may apply at any time during the school year for free or reduced meals. Free and Reduced Meal Applications can be located on the district website at [scvths.org](http://scvths.org) under the parents tab, lunch information link. You can also obtain an application from Susan Santiago in the High School Main Office.

Students that qualify for free or reduced meals are required to take all the components of the breakfast or lunch meal to receive their full meal benefit. **If all the components of the meal are not taken, the student will be charged and is responsible for the cost of the meal.** The meal components are as follows:

Breakfast meal includes –

- Grains/Breads
- Meat/Meat Alternative
- Fresh Fruit/Fruit Juice
- Assorted Milk

**Students must choose at least 3 components**  
**Make sure 1 is a Fresh Fruit or Fruit Juice**

Lunch meal includes –

- Grains/Breads
- Meat/Meat Alternative
- Fresh Fruit/Fruit Juice/Vegetable
- Assorted Milk

**Students must choose at least 3 of the 5 components**  
**Make sure 1 is a Fresh Fruit, Fruit Juice or Vegetable**

A la carte items and additional food (extra pizza slices) sold in the cafeteria are not included with the free and reduced meals; students are responsible for paying for these items at the time of sale.

Students can ask the food services staff in the cafeteria any questions regarding the necessary meal components.

Please contact Susan Santiago at 908-526-8900 ext. 7270 with any questions.

For more information visit [www.fns.usda.gov/healthierschoolday](http://www.fns.usda.gov/healthierschoolday)