



# Somerville Public Schools

Education • Inspiration • Excellence

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August 30, 2023

Dear Somerville Public Schools Community,

The Food and Nutrition Services Department (FNSD) would like to highlight a few key points for the 2023-2024 School Year.

**School breakfast and lunch are permanently free.** We are excited to announce that Governor Healey signed the state budget that includes permanent school meals for all Massachusetts public school students. We are thrilled to be a part of this monumental change and look forward to continuing to serve nutritious meals to the Somerville student community.

**Families are still encouraged to complete the free and reduced meal applications.** We continue to strongly encourage families to complete the free and reduced meal application. This application is linked to many other financial benefits, such as access to the P-EBT/Summer EBT benefits, discounts on internet/cable service, free SAT testing, and waivers on college application fees. Please visit our website for an application: <https://somerville.k12.ma.us/fnsd>. Here you can also find information about menus, allergens, and other topics.

If your child attends one of our Community Eligible Provisions (CEP) schools, you do not have to complete a meal eligibility application unless you wish to receive the added benefits listed above. Somerville CEP schools include Somerville High School, Full Circle/Next Wave, Winter Hill Community School, Healey School, and the East Somerville Community School. If you are interested, please consider applying for SNAP, the federal nutrition program that provides eligible residents with monthly financial assistance to purchase groceries. More SNAP information can be found at [gettingsnap.org](http://gettingsnap.org) or by calling Project Bread's FoodSource Hotline at 1-800-645-8333.

**Every student is permitted to take one breakfast and one lunch meal a day. Menus can be found [here](#).** Each school serves breakfast in the cafeteria, starting at 7:30 a.m. At breakfast, we offer a mix of whole grains, proteins, fruits, and reduced-fat milk. We encourage your student to take advantage of this service, as a healthy morning meal powers children of all ages to reach their full academic potential.



Free lunch will continue to be served every school day including all half days at the PK-12 level. All meals include whole grains, lean protein options, fruits, rotating vegetable options, and reduced-fat milk. We carefully curate our menus to represent nutrient-rich ingredients, popular items that excite the students, and culturally unique meals to connect with our community.

**We are proud to announce that we have been awarded a number of state and federal grants for this school year.** Funding allows us to purchase more locally grown and sourced foods, to hire a chef who will provide training for our staff and offer support in recipe development and cafeteria tastings, and conduct activities linked to school gardens and urban farming. Please read our fall newsletter for more detailed information about these grants.

**We invite you to share your feedback.** Fill out the [Somerville Food and Nutrition Services Department 2023 Survey](#) to help us develop menus, education curriculum, and communication plans for the next three to five years. FNSD publishes a monthly newsletter with important information as well as tips for healthy eating. Look for the newsletter on our website: [somerville.k12.ma.us/fnsd](http://somerville.k12.ma.us/fnsd).

FNSD is committed to providing good food inspiration and education to students and parents so that Somerville's youth can eat well all day long both in school and at home.

Be well,  
Lauren Mancini, RD, SNS  
*Food and Nutrition Services Director*

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