CMSD students are eligible to receive a healthy breakfast and lunch at no charge.

Dear Parent/Caregiver:

Thanks to President Obama's Healthy Hunger-Free Kids Act, all students in the Cleveland Metropolitan School District are eligible to receive a FREE healthy breakfast and a FREE healthy lunch every day at school.

This federal support also enables CMSD to participate in the National School Lunch and School Breakfast Programs. The Community Eligibility Option means that Free and Reduced Price Meal Applications are not required for our students, so no further action is required by parents for their children to receive free meals at school.

CMSD's Food and Child Nutrition Services (FCNS) menus meet or exceed new Federal Regulations.

What does that mean for CMSD students?

- Students will have more fruits and vegetables to meet weekly requirements
- Students will be provided with whole grain-rich foods including rolls, buns and pasta
- All school meals served contain 10% or less saturated fat and zero trans fat
- Only fat-free or low fat (1%) milk is served

Students with special diets: If your child has been determined by a licensed physician to have a disability that would prevent him/her from eating the regular school meal, our Food and Child Nutrition Services will make substitutions prescribed by a licensed physician at no extra charge. Just contact your child's school office for the appropriate medical form.

Healthy kids live healthy lives. The Cleveland Metropolitan School District is committed to fully complying with the Healthy Hunger-Free Kids Act. We therefore strive to provide nutritious meals that prepare our students for their academic day and help them develop life-long healthy eating habits.

What should parents do?

Encourage your children to get to school on time to enjoy the free, healthy school breakfast served every morning, and make sure they take advantage of the free, healthy school lunch provided at school every single day.

Check out our Healthy, Hunger-Free menus, posted monthly on the District's website at cmsdnet.net.

If we can be of further assistance regarding the food program at your child's school, please contact us at 216.574.8283 or 216.574.8319.