



POUDRE SCHOOL DISTRICT
Child Nutrition Department

Meals that Power the Mind!



Join Us In Your School's Café

For the 2024-2025 school year, Poudre School District will once again provide a no-cost breakfast and lunch for all students.

Research shows students perform better in school when they are not hungry. By providing breakfast and lunch to all children at no-cost, we better support their learning.

Poudre School District's Child Nutrition program is recognized nationally as a leader in providing quality and healthy daily meal options. Our school meals exceed the U.S. Department of Agriculture guidelines for healthy school meals. When families choose no-cost school meals, our schools get more funding, and our school community can connect over mealtimes.

Although all students will receive no-cost meals, it's still important for households to provide their income information when requested via a Free-Reduced Meal Benefits Application. Gathering this information allows PSD to receive the state and federal funding we qualify for. These funds go directly to schools to help cover the cost of meals and support after-school activities and other nutritional programs for students. Plus, qualifying households may be eligible for Summer EBT benefits, receive discounted school fees, class materials, utilities support, and more. **Providing household income information ensures you and your school receive all available financial support.**

You can find the Free-Reduced Meal Benefits application link on the back of this newsletter. Applications must be completed annually.

Colorado's Healthy School Meals For All

PSD participates in Colorado's Healthy School Meals For All program. This program provides a free breakfast and a free lunch to any student. Requirements for these meals:

Breakfast*

Select at least 3 food items

- Fruit
- Grain
- Protein
- Milk



Lunch*

Select 3-5 Different Components

- Fruit
- Veggie
- Grain
- Protein
- Milk



*Each meal must include 1/2 cup fruit and/or veggie
Student meals meeting USDA requirements are free, those that do not, will be charged the adult meal price.

Fruit & Vegetable of the Month

August	Tri-Color Cauliflower	Local Peaches
September	Cabbage	Cantaloupe
October	Butternut Squash	Local Apples
November	Tri-Color Carrots	Gooseberries
December	Rainbow Kale	Kumquats
January	Edamame	Nectarines
February	Hydroponic Lettuce	Raspberries
March	Jicama	Starfruit
April	Baby Peppers	Mangos
May	Avocado	Apricots





Kids Cooking Celebration

Do you enjoy cooking? We have just the thing for you. Choose an international recipe and start practicing your culinary skills. Get more information by emailing nutrition@psdschools.org.



Menu Details at your Fingertips



Our [menu webpage](#) is interactive! Click each item for menu pictures, allergens, nutrition and ingredient details.



How to Apply for Free-Reduced Meal Benefits:

Families can sign up for Free or Reduced meals by applying online at <https://www.myschoolapps.com/Application>.

Those families who qualify for Free-Reduced Meal Benefits are eligible for school fee/charge waivers.

See the Student Fees and Charges web page at <https://www.psdschools.org/fees> for more information.

Special Dietary Need?

If your student has a food allergy or special diet need, visit our [Special Food Needs](#) webpage.

For questions, please contact Becky Wiggins at rwiggins@psdschools.org.



SchoolPay®

To set up an account with School Pay to view meal activity, balances or make payments: log in at <https://psdschools.schoolpay.com/> or call 1-888-886-9729 (#888-88-MYPAY).

Follow PSD Child Nutrition on:



Instagram "[instagram.com/psd_eats/](https://www.instagram.com/psd_eats/)"

Facebook "[Poudre School District Child Nutrition](#)"

Twitter "[PSDNutrition](#)"

Get daily menu details and updates.

Want to work when your kids are in school and be off when they are off?

We are looking for full-time, part-time, and substitute positions! Check [PSD Employment](#) for details.