



Great News!

STCS Nutrition Services, Nouvel Catholic Central Elementary School and Michigan School Meals are partnering to bring Universal Free Meals to Nouvel Catholic Central Elementary School!

The State of Michigan has extended the option of universal free meals to non-public schools that participate in the National School Breakfast and National School Lunch programs! We will begin offering these meals free of charge for all NCCE students beginning January 5<sup>th</sup>. We are excited to offer this to our Nouvel Elementary students!

The MI School Meals program covers one free breakfast and one free lunch per student per day. There are some requirements that come with it though. Students must take what are deemed “complete” meals in order for it to count as a free meal.

**Breakfast-** Students must choose at least 3 food items from the required components (Milk, Fruit, Grain, Meat or Meat alternate) with at least a  $\frac{1}{2}$  cup of fruit being one of the selections, ensuring a balanced, nutritious start to their day.

**Lunch-** Students must choose from five required food components (Milk, Meat/Meat Alternate, Grain, Fruits and Vegetables) Students must take 3 of the five components and one of them must be a fruit or vegetable for the meal to count as a free meal.

Some items count for more than one component at breakfast and lunch because they are combination foods, and no worries, Ms. Mary will help them with that when serving breakfast and lunch. If they do not choose enough items, they are still welcome to have the meal but the students account will be charged a la carte pricing for the items they choose. So please, ask your student to listen to Ms. Mary and take enough food for their meal to be free!

“Extras” such as additional chicken nuggets, extra slice of pizza, milk with a cold lunch etc. are still considered “extra” and are not included in the free program. So if your child likes to add items, please make sure they still have funds in their account to do so.

If you have any questions please feel free to reach out to the Nutrition Services office at [nsoffice@stcs.org](mailto:nsoffice@stcs.org) or 989-793-9713.