

# Smithtown Central School District is Going Free Meals!



As of September 2, 2025, meals will be offered to all students in Smithtown CSD, regardless of their socioeconomic status.

Smithtown Central School District announces that it is able to provide breakfast and lunch meals at no cost to all in-person students. This is made possible by the NYS decision to provide Universal Free Meals across the state for 2025-2026 and the district can provide these benefits through a program called Provision 2.

## Frequently Asked Questions regarding No Cost Meals

### **Q: What is the Provision 2 Program?**

**A:** The Provision 2 (P2) is a meal service option for School Food Authorities (SFA) to serve breakfast and/or lunch at no cost to all enrolled students while reducing the burden of collecting household applications to once every 4 years and simplifying meal counting and claiming procedures by allowing meal reimbursement to be based on claiming percentages.

### **Q: What does Provision 2 mean for my child?**

**A:** Provision 2 does not change the way your child orders meals with their teachers or goes through the lunch line. Your child's meal will be recorded, but charged at no cost to your child.

### **Q: If meals are free, do I still need to fill out a Free/Reduced Meal Application?**

**A:** Although meals are free, it is extremely important to continue to fill out the Free/Reduced Meal Application. This meal application is not only important for the Smithtown Child Nutrition Department in the first year in P2, but it also helps the district establish aid needs with the state and can help your child receive additional discounts on AP testing, college applications, musical instruments, etc., and it can help your child receive potential summer EBT benefits.

### **Q: What is a "complete" breakfast?**

**A:** A complete breakfast consists of four components to choose from:

- Whole Grains 2 ounce equivalent serving Choose 1
- Protein 1 ounce equivalent serving Choose 1
- Fruit 4 ounce equivalent serving Choose 1 or 2
- Milk 8 ounce equivalent serving Choose 1

Note: Students must choose at least three components offered with one of those being a fruit or an incomplete meal will be charged at à la carte prices.

### **Q: What is a "complete" Lunch?**

**A:** A complete lunch consists of 5 components:

- Whole Grains 2 ounce equivalent serving Choose 1
- Protein 2 ounce equivalent serving Choose 1
- Vegetable 4 ounce equivalent serving Choose 1 or 2
- Fruit 4 ounce equivalent serving Choose 1 or 2
- Milk 8 ounce equivalent serving Choose 1

Note: Students must choose at least three components offered with one of those being a vegetable or fruit or an incomplete meal will be charged at à la carte prices.

**Q: What if my child brings their own lunch and would like just milk or fruit?**

**A:** According to New York State guidelines, in order to access the free meal benefit, a child must take what counts as a complete meal, which means choosing at least three of the five components (including a vegetable or fruit). Food Services staff will guide your child in understanding what constitutes a complete meal. A la carte items, such as milk, are available for purchase via the prepaid account or cash.

**Q: Can my child still purchase à la carte items or a second breakfast or lunch?**

**A:** Yes, there is no change to purchasing à la carte items. Student accounts must have sufficient funds in their prepaid accounts or have cash at the time of purchase. Also, only the first breakfast and first lunch of the day are free. A second breakfast or second lunch would need to be purchased. Student accounts should be pre-funded as there is no charging of à la carte items.

**Q: How can I add funds to my child's account to make those types of purchases?**

**A:** In addition to the opportunity to prepay for your student's à la carte purchases by cash or check, online prepayment is also available. Checks should be made payable to Smittstown Child Nutrition Department. Please make sure your child's name is on all envelopes or checks. The district is utilizing LINQ Connect Parent Portal, <https://lingconnect.com>, to make payments via credit card. There is a transaction to make online payments. To avoid the fee, students can always pay with cash for their purchases or use pre-funded accounts.

**Q: What if my child's account has money on it? Can I get it back?**

**A:** Parents can either request a refund from the Child Nutrition Department or leave the funds on their student's account for à la carte items. If you would like a refund, please email the Child Nutrition Director and include your child's name, the name you would like the check to be made out to, and the address you would like the check to be mailed to. Refunds can take 4-6 weeks to process. If there is automatic replenishment on your student's account, please end these payments before requesting meal account reimbursement.

**Q: What if my child has dietary restrictions? How will the Child Nutrition Department address these concerns?**

**A:** The Child Nutrition Department offers a large variety of daily food and beverage selections

that currently meet many special diets and lifestyle preferences. If your child has dietary restrictions, a food medical statement which states the foods to be avoided and recommended substitutes is required. This will assist in working together to determine a reasonable accommodation on a case-by-case basis.

**Q. How do I view the menu for breakfast and lunch?**

**A.** The menus for the month are found by clicking on the Child Nutrition Icon under Departments on the Smithtown Central School District website.

**Q. Can you tell me about school meals?**

**A.** School meal programs offer breakfast and lunch meals that meet strict federal nutrition standards, aligned with the Dietary Guidelines for Americans. Our meals are planned with student preferences in mind, all while including foods that offer the right balance of vegetables, fruits, low fat or nonfat milk, whole grains and lean protein.

Even though our menu items may sound like the popular restaurant versions, they are very different. Our meals are specially formulated to be lower in fat, sodium, and sugar, and higher in fiber to comply with federal school meals regulations. When you see pizza on the menu, it's not your typical pizzeria pizza. Our version has a whole grain crust, ¼ cup of red/orange vegetable, and low-fat cheese. All pancakes, waffles, french toast, bagels, rolls, cereal, muffins, rice, pasta, and pizza are whole grain-rich. Our breaded chicken products and "fries" are baked, not fried, and all breading is whole grain. We source New York State products such as NYS beef, milk, green beans, and apples when feasible. We offer fresh fruits and vegetables through the USDA and their Fresh Fruits and Vegetables (FFAVORS) program.

We invite students to show their support for their school food service program through participation. Our goal is to ensure that we serve well-balanced, healthy meals and that our students enjoy what they eat.

**Q. Who prepares the breakfasts and lunches in school?**

**A.** Breakfast and lunches are prepared and served by our Smithtown CSD team of food service professionals. They are dedicated to our students' health, well-being and fueling students' bodies so they have a positive learning experience. Our Team plays a crucial frontline role in supporting school meal programs and ensuring that all meals meet the dietary guidelines set by the USDA. They also help to promote healthy eating habits among students, increase their interest, and encourage them to try new foods.

**Q: What if one sibling is attending an out-of-district school? Do they get no-cost meals too?**

**A.** If a sibling is attending an out-of-district school that also provides school meals through the National School Lunch Program will be receiving meals at no cost as well in NYS.

**Q: Does funding for school meals come out of my school taxes?**

**A:** No, meals and food at schools are not funded by your school tax dollars. Instead, the funding comes from Federal and State taxes based upon the number of breakfast and lunches served.

**Q. Who can I contact with any questions or concerns?**

**A.** Please contact the Child Nutrition Office at (631) 382-5500, or email [jfrabizio@smithtown.k12.ny.us](mailto:jfrabizio@smithtown.k12.ny.us) with any questions or concerns.