Connect With Us

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Your Guide to School Meals

Why the Household Income Form Matters

Although school meals are free for all students, we encourage every family to complete the Household Income Form. Doing so provides important benefits for both your family and the school community, including:

- **District Funding:** The information collected helps determine federal funding needs at each school and ensures our district receives more of the resources needed to support students.
- **Additional Student Supports:** Students whose families qualify below a certain income threshold can become eligible for critical fee reductions and waivers, including:
  - Reduced or free test fees, including AP or SAT exams.
  - Reductions in tuition charges for high school students taking college-credit courses.
  - Discounts on other district programs as well as internet connectivity benefits.

Complete the form **HERE** or scan the QR code:

Food Service Family Portal

LINQ Connect

LINQ Connect enables families to view menus and manage student meal accounts. Through the platform, you can make one-time payments or set up recurring payments, set spending limits, transfer funds between students, receive low-balance notifications and more. It's a convenient way to manage meal payments without sending cash to school. If you experience any difficulties accessing your LINQ account, please contact LINQ support at support@linqconnect.com.

School Meals Are Cost-Free

All students are eligible for one free breakfast and one free lunch daily. In New York state, families are expected to save an estimated $175 per child each month with the implementation of universal free school meals.

Smart Snacks & À La Carte

Many districts offer Smart Snack-approved à la carte items in addition to school meals. These snacks and beverages contain less sugar and fat than comparable retail products and are available for purchase. Students must have cash or sufficient funds in their meal account to buy à la carte items, additional meals, snacks, or drinks.

How School Meals Support Our Program

Our food service program is funded entirely through student participation in school meals. When students choose school breakfast or lunch, the revenue generated is reinvested directly into the program, helping us enhance meal quality, upgrade kitchen equipment and provide ongoing training for our staff. Every meal served helps support a stronger dining experience for all students.

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Too much on your plate?
We can help.

School Breakfast

Students may select three to five breakfast items each day. All students must select a fruit and/or 100% fruit juice at breakfast. Please refer to the district website for daily menus.

School Lunch

Daily entrée choices are a balance of traditional student favorites and global flavors to introduce students to new foods and cultural foodways. All students must select a fruit or vegetable at lunch. Alternate lunch options are available daily; please refer to the website for daily menus.

If your child requires menu modifications due to allergies or other concerns, please contact your food service director.



Local Sourcing

We strive to support New York state food producers by utilizing as many local farms and vendors as possible. Each month, school lunch menus showcase Harvest of the Month, a program that features a local, seasonal food item.

Dining at Our District

The café provides dining services for students through the use of a lunch pin number and offers both complete meals and daily à la carte options. All meals meet or exceed federal nutrition standards and follow a seasonal rotation with menu variations for fall, winter and spring. Whole grain-rich products are served, and every meal includes fresh fruits and vegetables, with students required to select at least one fruit or vegetable at each meal. Daily vegetarian options are available for both breakfast and lunch. Milk is also offered but is not required for K-12 students.

The Impact of Health Eating

Academic Benefits

- Improved cognitive function
- Higher test scores
- Better attention spans

Behavioral Benefits

- Better classroom behavior
- Fewer absences
- Improved mood

Please refer to the Food Service page of the district website for further information about programs and policies: **www.gasd.org/o/gasd/page/food-services**

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