

**FRANCIS W. PARKER CHARTER ESSENTIAL SCHOOL**  
**& THEODORE R. SIZER TEACHERS CENTER**

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September 20, 2023

Dear Parker Families,

The Parker Charter Nutrition Programs are federally funded through the National School Lunch and National School Breakfast Programs. By being a participant in these programs, Parker is able to provide universally free lunch and breakfast for all students. While Parker strives to continue to feed its students healthy and delicious meals, due to being federally funded through the school lunch programs there are state requirements that need to be met for every free lunch and breakfast provided. If a student takes a lunch or breakfast that does not meet the state requirements of what constitutes a reimbursable lunch, Parker is not able to provide that meal free of charge.

A reimbursable or “free” lunch and breakfast must meet certain federally mandated requirements in order for the meal to be free of charge. Full meals are defined by the nutrition standards set forth by the United States Department of Agriculture. A full meal consists of at least 3 components: at breakfast one of the components must be whole grain in the appropriate portion, at lunch one of those components must be fruit or vegetable in the appropriate portion. Below we have attached helpful visual aids to help you and your student have a better understanding of a full/reimbursable meal (see page two).

While we understand some students may not be interested in taking the additional items that will then allow their meal to be reimbursable, we do ask that students and families make this a consideration in their meal choices. If you and your student decide that they are not interested in receiving or eating the reimbursable meal but still choose to take a portion, please know there will be a charge to the student’s meal account.

We understand that the meal programs have changed drastically. We appreciate your understanding and cooperation as we continue to navigate these new regulations. If you have any questions or concerns about your student’s lunch and/or breakfast options or are looking for further clarification on what makes a full meal please do not hesitate to contact our Kitchen and Nutrition Manager, Debbie Bush at [dbush@theparkerschool.org](mailto:dbush@theparkerschool.org).

Again, your continued cooperation and patience is greatly appreciated.

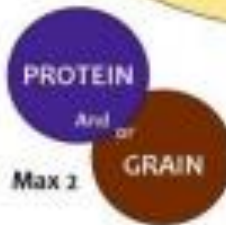
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Business Manager  
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The Francis W. Parker Charter Essential School is committed to equal employment and educational opportunity for all members of the school community and prohibits discrimination on the basis of race, color, gender, pregnancy or pregnancy status, religion, gender identity, age, national origin, sexual orientation, homelessness, or disability, in the operation of the educational programs, activities, or employment policies.

# What Makes a Breakfast?

USDA National  
School Breakfast Requirements:

Select  
<at least> **3**  
Food Items

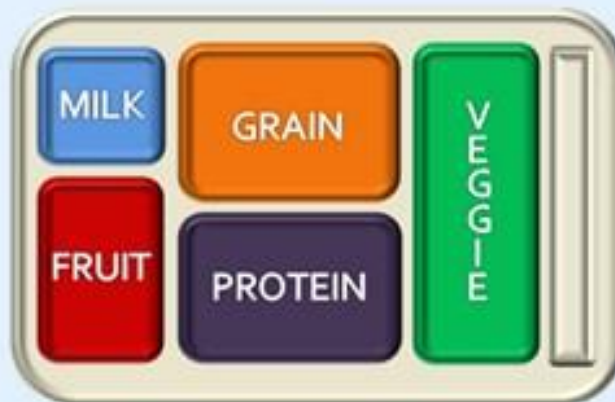


Must include a



# What Makes a Lunch?

Select 3-5 Components



One must be a



OR

