

Dear Parent or Guardian,

The St. Mary's Academy Food and Nutrition Services Program welcomes your input and support in order to guarantee the wide variety of nutritious meals offered to our students.

NUTRITION:

We are excited about all our continued changes and selections for both school breakfast and lunch. Our goal is to make sure your children have a variety of healthy choices every day. We are constantly revising our recipes in an effort to reduce the amount of fat, sodium and sugar in the meals that are served to our students. School meals are a convenient option for busy families and offers all the dietary requirements for your children. The menus are based on the meal pattern required by the USDA, and are in line with the most recent Dietary Guidelines for Americans. Our goals include increasing fruits, vegetables and whole grains, setting calorie ranges for each age/grade group, and developing and teaching healthy eating habits.

LUNCH PRICES FOR 2026-27:

FREE MEALS FOR ALL! St. Mary's Academy School Food Service is providing a FREE meal to all students with the continued implementation of the Community Eligibility Provision (CEP) for our School District. Your student will be offered one NO CHARGE breakfast and one NO CHARGE lunch each day at their school.

The Commonwealth of Massachusetts has provided money to do this for one year through the State budget. We need your help to keep providing free meals to all students in future years. Please fill out this application for free and reduced-price school meals. The information you provide is confidential. We follow strict federal rules to keep your information private.

St. Mary's Academy
413-567-0907

Non-Discrimination Statement:

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotope, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20PComplaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; or
2. fax: (833) 256-1665 or (202) 690-7442; or
3. email: program.intake@usda.gov This institution is an equal opportunity provider.