FREMONT UNION HIGH SCHOOL DISTRICT
NUTRITION SERVICES

Even though all students receive free meals, **it is still important for families to complete the Free and Reduced Meal application because of the following possible benefits**:

1. You may become eligible for SUN Bucks (Summer EBT)
2. You may receive discounted utilities and internet access
3. You may become eligible for Testing fee waivers
4. It may help provide essential funding for your school

You may receive benefits regardless of citizenship status. Application information and eligibility status are confidential. Applications are available in electronic or paper versions.

Please click on the link below to submit an online meal application if you think you may qualify:

https://www.fuhsd.org/departments/nutrition-services/meal-applications

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Regardless of your application status or income, all students receive **FREE** school meals in the State of California. This important program ensures your student will receive two nutritious and delicious meals each day they attend school!

All of our School Cafeterias offer 8-9 lunch options every day. Delicious selections such as Burrito bowl, Korean BBQ Wings, Chicken Tikka masala, Nashville Chicken Wrap, Pasta, Falafel salad and more. Vegan, Gluten-free, and Vegetarian options are also available every day!

Brunch options include Egg and Potato croissant sandwiches, fruit smoothies, breakfast burritos, yogurt bowls, bagels, and more.

To see all available menu items or to get more information, please visit our website at: https://www.fuhsd.org/departments/nutrition-services

Have a great school year!

FREE MEALS AT SCHOOL

No need to send your student to school with money for food!

Provides your student two healthy meals each day at school.

Balanced nutrition throughout the day contributes to student success in and out of the classroom.

Every school lunch offers fruits, whole grains, vegetables, lean protein and milk.

Visit the District Nutrition Services website for more information.

School meals provide balanced nutrition.

Need more help?
(408) 522-2231