

# Virginia School Breakfast and Lunch Programs

## What are the School Breakfast and Lunch Programs?

The Virginia School Breakfast and Lunch Programs provide nutritionally balanced, low-cost or free lunches to school-aged children. The program is available to parents or primary caregivers responsible for a child who attends school (K-12).

## How does it work?

The reduced price is \$0.30 for breakfast and \$0.40 for lunch. Lunch menus must provide one-third of the daily-recommended levels for protein, calcium, iron, Vitamin A, Vitamin C and calories. Breakfast menus must provide one-fourth of daily-recommended levels. After-school snacks are given to eligible children in participating after-school programs. Programs in areas where 50% of students are eligible for free or reduced-price meals may serve all of their snacks for free.

If you currently receive Food Stamps or TANF, your child will qualify for free meals. Foster children may also receive free or reduced price meals regardless of income.

## Income Limits (Reduced Price)

People in Household	Yearly Income
1	\$20,036
2	26,955
3	33,874
4	40,793
5	47,712
6	54,631
7	61,550
8	68,469
Each additional member	+6,919

*Adapted from: Free/Reduced Price Meals, 2009-2010. Fairfax County Public Schools. 29 June 2010. [http://www.fcps.edu/ss/translations/PDF\\_FILES/forms/freeandreducedlunchapplication/spanish.pdf](http://www.fcps.edu/ss/translations/PDF_FILES/forms/freeandreducedlunchapplication/spanish.pdf)*

## How does one apply?

- Contact your child's school or Fairfax County Public Schools to apply or find out more about food served under the program.
- Download the [FCPS 2009-2010 Confidential Household Application for Free and Reduced Price Meals](#) found on the Fairfax County Public Schools website.

Visit the [FCPS Free/Reduced-Price Meals](#) webpage for more information.

## Contact Information

Fairfax County Public Schools  
Burkholder Center  
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