

Food Service Reminders

Thomaston Public Schools
Food Services Department

“Power Up with Breakfast”

Eating breakfast boosts your child’s brain and body power to get through the school day! A reminder in the 2023/2024 School Year, each student can receive one **FREE** breakfast meal per day. A nutritious breakfast is a wonderful way to make sure your children have a balanced meal to start their day!

School breakfast offers a balanced meal including a milk and fruit in addition to a breakfast entree daily.

As a reminder you can make payments, review transactions and apply for free and reduced meals online @ lingconnect.com

Paper copies of the free and reduced meal applications can also be printed and submitted from the link below:

<https://www.thomastonschools.org/theme/files/Food%20Services/23-24%20Free%20Reduced%20Application.pdf>

Happy New Year and please let me know if you have any questions!

Have a Healthy Day!

Jen

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