

Healthy Meals for Every Student at Nativity Preparatory Academy



Dear Nativity Families,

We are proud to share that **Nativity Preparatory Academy participates in the National School Breakfast Program, the National School Lunch Program, and the Afterschool Snack Program** through the New York State Child Nutrition Program. These programs ensure that all students have access to **nutritious, balanced meals every school day** to help them learn, grow, and thrive.

Community Eligibility Provision (CEP) – Free Meals for All

Nativity Prep is approved under the **Community Eligibility Provision (CEP)**, which means **all students receive breakfast, lunch, and snack at no cost to families**. There are **no applications or income forms required**—every student is welcome to enjoy healthy meals each day.

What's Included in Our Meals

Our school meals follow the **U.S. Department of Agriculture (USDA) meal pattern guidelines**, designed to provide the right balance of fruits, vegetables, whole grains, lean proteins, and low-fat dairy.

- **Breakfast** includes options such as whole grains, fruit, and milk to start the day strong.
- **Lunch** features a variety of fresh fruits and vegetables, whole grains, and healthy proteins.
- **Afternoon Snack** offers a light, nutritious boost to help students stay energized through after-school programs.

Promoting Wellness at School

We believe that good nutrition and active lifestyles are essential to learning and well-being. Our school promotes wellness by:

- Encouraging students to try new fruits and vegetables;
- Providing time for physical activity and outdoor play;
- Teaching healthy habits through classroom lessons and enrichment programs.

We invite families to support wellness at home, too—by talking about healthy food choices and encouraging regular physical activity.

Questions?

If you have questions about our meal programs or wellness initiatives, please contact our main office at 271-1630 or email us at info@nativityrochester.org

Together, we can make sure every student is nourished and ready to succeed each day!

Warmly,

Ms. Jennifer Kremer
Principal, Nativity Preparatory Academy