



Dear Parents or Guardians,

Children in our community do not need to go hungry this summer. For many kids, summertime means food, friends and fun. For families who count on school breakfast and lunch, however, the summer months can be stressful and family food budgets have to be stretched even further. The US Department of Agriculture's (USDA) Summer Food Service Program helps fill the hunger gap.

Free summer meals, funded by the USDA, are available to kids and teens ages 18 and younger at **Lyncourt School** in Syracuse, NY. This is an open site therefore free meals are available to all children ages 18 and under. This site does not require families to provide income information, registration, or other paperwork.

**Free Summer Meal Program Details:**

- Meals are **FREE to children and teens ages 18 and younger** who come to a summer meals site.
- Free summer meals will help families **save money** and stretch their already tight food budgets.
- Food served is **healthy and follows USDA nutrition guidelines**.
- Summer meals sites are at fun, safe places for kids and teens to be active and visit with friends.
- No application or proof of income needed. You can just bring your child to a summer meals site in your community.

**Lyncourt School is located at 2707 Court Street, Syracuse, NY 13208. Dates and times are as follows, lunch will be served Monday through Friday from 11:00am -12:15pm and will run from July 9th – August 10th.** If you or someone you know is interested, go to [administrator@lyncourt.cnyric.org](mailto:administrator@lyncourt.cnyric.org) or call 315-455-7571 with any questions that you may have. We look forward to seeing you this summer!

**USDA Nondiscrimination Statement**

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To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form \(link is external\)](#), (AD-3027) found online at: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html\(link is external\)](http://www.ascr.usda.gov/complaint_filing_cust.html(link is external)), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter 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;

(2) fax: (202) 690-7442; or (3) email: [program.intake@usda.gov\(link sends e-mail\)](mailto:program.intake@usda.gov(link sends e-mail)). This institution is an equal opportunity provider.

