

EMPLOYEE REQUEST FOR MEAL BREAK WAIVER

I, _____, hereby request that I be allowed to waive the meal break required by Mass. General Laws Chapter 149 during the following periods:

1. Specific Date(s) _____,
2. Specific Shift(s) _____,
3. Specific Period _____,
4. Until further notice as I indicate on my time card _____.

I understand that I am entitled to a 30 minute unpaid meal break if I work six hours. I am voluntarily making this request for my own convenience and understand that I am free to revoke this request at any time.

Employee Signature

Employee's Printed Name

Date: _____