



August 2021

Dear Parent or Guardian:

We are pleased to inform you that **LOWER MERION SCHOOL DISTRICT** will be participating in the Seamless Summer Option (SSO) in the 2021-2022 school year. This program is available to schools and districts as part of the waivers issued by USDA on April 20, 2021.

All enrolled students of **LOWER MERION SCHOOL DISTRICT** are eligible to receive a nutritional breakfast and lunch each school day at **no charge** to your household.

Although no further action is required for your child(ren) to receive breakfast and lunch at no charge, the District is still encouraging families to fill out the Free and Reduced applications as there are many other benefits that come along with participation. You can apply online at www.schoolcafe.com.

If we can be of any further assistance, please contact Karen Castaneda at 610-645-1990 or email at castank@lmsd.org.

Sincerely,

Karen Castaneda, MBA, RD, LDN
Director of Nutritional Services
Lower Merion School District
301 E. Montgomery Avenue
Ardmore, PA 19003

The Richard B. Russell National School Lunch Act requires the information on this application. You do not have to give the information, but if you do not, we cannot approve your child for free or reduced price meals. We will use your information to determine if your child is eligible for free or reduced price meals, and for administration and enforcement of the lunch and breakfast programs.

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotope, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination [Complaint Form](#), (AD-3027) found online at, <https://www.usda.gov/oascr/how-to-file-a-program-discrimination-complaint> 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) E-mail: program.intake@usda.gov.

This institution is an equal opportunity provider.

ATTENTION: If you speak Spanish, language assistance services, free of charge, are available to you. Contact your child's school.
ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Comuníquese con la escuela de su niño.