

Food & Nutrition Services
 **NEWS...**
READ ALL ABOUT IT!



2021-2022 SCHOOL YEAR

Free and Reduced Lunch
 Online Registration

 Dear Parents...

It's cool to eat in school

Important Message



 **Free & Reduced Application**
 Aplicación para alimentos gratuitos y a precios reducidos

Apply Online Through Family Access

*** Free and Reduced Meal Applications maybe completed online during the Harmony online registration.

School Year 2021-2022 Meal Prices

	Breakfast	Lunch
Free-Student	\$0.00	\$0.00
Reduced Price – Student	\$0.30	\$0.40
Paid-Junior/Senior High Student	\$1.50	\$2.40
Paid- Elementary Student	\$1.40	\$2.25
Adult	\$3.00	\$3.85
Extra Milk	\$0.55	\$0.55



• Add \$ to your child's Lunch account. *Prepay School Lunches*

Prepaying money into their child(ren)'s meal account helps eliminate parent worry of lost money, and also ensures that money is always available in the meal account. The Southeast Dubois County School Corporation utilizes a pre-pay meal system. Your student's meal account is designed to be a prepaid account, and it operates as a Debit System, meaning money should be placed in your student's meal account prior to the days your child(ren) intends to make meal purchases. Parents and guardians are encouraged to use Harmony Family Access to pay by credit card.

****No snacks/ a la carte will be sold to students with negative balances.****


Apply for meal benefits and manage lunch balances online

Submit only one application (paper or online). Do not submit a paper application if you apply online.
 If you received a directly certified letter, do not submit an application, but do notify us if all students are not listed on the letter.



Free and Reduced Price Meals are available to families who believe they may qualify.

*USDA regulations require all families wishing to participate in the National School free or reduced program to fill out an application each school year unless the family has been approved under the direct certification process.

Guaranteed Qualifying Situations:

- Supplemental Nutrition Assistance Program (SNAP)
- Temporary Assistance for Needy Families (TANF)
- Homeless or without permanent housing

If any of these situations apply then you qualify automatically and this is the only information needed on your application

If you or someone in your family receives SNAP or TANF benefits, please provide your case number. Failure to provide a case number will result in an incomplete application that cannot be processed.

***Your case number is not on your card it is in the paperwork sent by Social Services.

- Meal benefits begin the day the meal application is approved. The eligibility date cannot be backdated to cover meals purchased prior to the approval date.

All applications submitted are acknowledged with a notification letter of either eligibility approval or denial (for over income).

Students are determined to be eligible for free or reduced price meals

on **"GROSS INCOME"** and not **"NET INCOME"** please provide accurate amounts of income, you may be required to provide proof of income.

Please note: If the required documentation to support the information listed on the meal application is not provided or cannot be verified, when requested, it will result in a loss of meal benefits.

Gross Household Income Check your household's gross income

- Include the amount of money earned by **all** members of the household and circle how often it is received.
- Earnings from work must be gross income.
- Other income includes but is not limited to; social security, pensions, retirement, welfare, child support, alimony, worker's compensation, unemployment, VA, and SSI.
- If a person does not receive any income, "\$0" must be circled in the column "Circle if NO Income."

Parents/guardians are responsible to pay for all school meals until your application has been approved.

STEP 3: REPORT INCOME FOR ALL HOUSEHOLD MEMBERS

- REPORT ALL INCOME EARNED BY CHILDREN.** Examples for Child income include; earnings from work, social security disability, social security survivors, income from persons outside the household, private pension fund, annuity, and trust. Combine gross income for ALL children listed in Step 1 in your household in the box marked "Total Child Income." Only count foster children's income if you are applying for them together with the rest of your household. It is optional for the household to list foster children living with them as part of the household.
- FOR EACH ADULT HOUSEHOLD MEMBER:** Living with you and share income and expenses, *even if not related and even if they do not receive income of their own.* Report all amounts in gross income ONLY. Report all income in whole dollars. Do not include cents.
 - Report earnings from work, Report income from Public Assistance/Child Support/Alimony, Report income from Pensions/Retirement/All other income
 - What if I am self-employed? If you are self-employed, report income from that work as a net amount. This is calculated by subtracting the total operating expenses of your business from its gross receipts or revenue.
 - Report total household size
 - Report last 4 digits of Social Security Number (SSN) of the Primary Wage Earner or other Adult Household Member

DID YOU KNOW?

Meal Applications

EXPIRE

Applications do not carry over

School Meals

- Parents/Guardians need to reapply for the Federally Funded Meal Program each school year. Applications from the previous year carry over **only** for the first 30 days of this new school year. One application per household is needed. Parents/guardians are responsible for their student's meals until the applications are processed.

- REMEMBER, TO AVOID INTERRUPTION IN BENEFITS, A NEW APPLICATION MUST BE SUBMITTED EACH YEAR.**



temporary grace period expires at the end of the day on



Thursday, September 23, 2021

any student without an approved current year application on file will become a paying customer.

Sharing of Free and Reduced Eligibility Information

We realize that the information that you share with us in order to obtain free or reduced meals is very important and confidential. We do not share any of this information with anyone. However, if you qualify for free or reduced meal benefits you may also be eligible for free or reduced fee waivers for certain programs in our district. We must have your permission in writing in order to share your free or reduced meal eligibility status only with other groups. To save you time and effort, please complete the "Sharing Information with Other Programs" form included with the meal application.



**WE NEED YOU!
TO MAKE IT HAPPEN**



**HAVE A
GREAT SCHOOL
YEAR!**

Our goal:

To provide a variety of appealing and nutritious meals / food items that are both wholesome and of high quality, and are served in an efficient, friendly manner, in a respectful environment that gives the students time to sit, relax, and enjoy their meal before returning to their daily tasks of the school day.



Nutritionally Yours.....Nutrition and Food Services

Please make sure your student has money on his/her lunch account.

USDA is an equal opportunity provider, employer, and lender.



What You Need to Know About School Meals



Building A Healthy School Lunch is Easy!

What is a Reimbursable Meal?

At Breakfast: 1. At breakfast you must have three stars.
2. One must be a 1/2 cup **Fruit** or **Vegetable**.

At Lunch: 1. You must have three DIFFERENT COLOR stars.
2. Make sure at least one of your stars is a 1/2 cup **Fruit** or **Vegetable**.

Complete Lunch =
at least **3** food
items



All students must select at least
 $\frac{1}{2}$ cup vegetable or fruit
AND at least 2 other full components
for a **reimbursable lunch**

What is a Reimbursable Meal?

The National School Lunch and School Breakfast Program are regulated by the United States Department of Agriculture. A complete meal, meeting nutrient content and portion size requirements, allows a school to receive benefits (money and USDA foods) and is referred to as a "a reimbursable meal." School meals offer parents a convenient way to provide nutritious meals for their children at the lowest possible price.

The following are school meal components:

- Milk (fat-free or 1%, flavored milk or unflavored)
- Meat/meat alternate
- Bread/grains
- Fruit*
- Vegetables*

MAKE A MEAL



*Students are required to take 1/2 cup of a fruit or vegetable to make a meal at breakfast and lunch.

The most nutritious meals contain all of the components, however students have the option to decline items they do not want to eat, which is referred to as "Offer vs. Serve." If students feel they don't get enough to eat, make sure they understand they can take all components and the choices that are available to them. School nutrition staff are trained to help students build a reimbursable, balanced meal!

Breakfast	Lunch
<p>Schools are required to offer 4 items and students must select 3 of the items to make a meal.</p> <ul style="list-style-type: none"> • Entree (2 items) <ul style="list-style-type: none"> ◦ 2 grain OR ◦ 1 grain and 1 meat/meat alternate • Fruit/Vegetable* • Milk <p>*Vegetables are not a required component at breakfast, but can be served in place of the required fruit component</p>	<p>Schools are required to offer 5 components and students are required to take 3 of the 5 components to make a meal.</p> <ul style="list-style-type: none"> • Bread/Grain • Meat/meat alternate • Fruit • Vegetable • Milk

National School Lunch Nutrition Standards			
	Amount of food per week (minimum per day)		
	Grades K-5	Grades 6-8	Grades 9-12
Fruits (cups)	2 1/2 (1/2)	2 1/2 (1/2)	5 (1)
Vegetables (cups)	3 3/4 (3/4)	3 3/4 (3/4)	5 (1)
Grains (oz eq)	8-9 (1)	8-10 (1)	10-12 (2)
Meats/Meat alternates (oz eq)	8-10 (1)	9-10 (1)	10-12 (2)
Daily amount based on the average for a five-day week			
Min-max calories (kcal)	550-650	600-700	750-850
Saturated fat (% of total calories)	< 10	< 10	< 10
Sodium (mg)	≤ 640	≤ 710	≤ 740
Trans fat	Zero trans fat per serving		

Source: United States Department of Agriculture

- The intent is not to reduce the amount of food but to avoid excessive calories.
- The meal patterns provide more fruits, vegetables and whole grains and result in more nutrient-dense meals.

USDA is an equal opportunity provider, employer, and lender.