



PORTLAND PUBLIC SCHOOLS

food service

feeding tomorrow together

Ku: Waafidka / Masuulka

Ka: Jane McLucas, SNS

Agaasimaha Adeegga Cuntada

92 Waldron Way Portland, ME 04103

(207) 874-8231

Taariikhda: Agoosto 1, 2021

Re: Codsiga Kaalmada Cunnada

Gacaliye Waafid / Masuul,

Waxaan rajeyneynaa in warqadani adiga iyo reerkaaguba ay sifiican u helaan. Markaan isu diyaarinayno bilowga dugsiga, waxaan ognahay inay ka duwanaan doonto sanadihii hore. Fadlan ogow in Adeegyada Cuntadu ay si adag u shaqeynayaan si ay u bixiyaan cunnooyin caafimaad leh oo caafimaad qaba maalin kasta, iyagoo raacaya hagidda amniga ee Maine DOE iyo CDC. Hagahan ayaa sidoo kale loo isticmaali doonaa inuu naga caawiyo go'aan gaarista inta aan ku sii soconayno sanad dugsiyeedka.

Sannadkan dhammaan cuntooyinka waxaa bixin doona Waaxda Beeraha ee Mareykanka (USDA), waxayna u noqon doontaa BILAASH dhammaan ardayda. Caanaha kaliya, waxay sii ahaan doonaan \$ 0.50, maadaama aysan aheyn cunno dhameystiran.

Codsiga / sahanka ku lifaaqan wuxuu muhiim u yahay howlaha Dugsiyada Dadweynaha Portland. Foomamkan waxay bixiyaan macluumaad aad loogu baahan yahay si loo siiyo xogta gobolka iyo dowladda federaalka ah oo u oggolaanaya degmadu inay codsato faa'iidooyinka aadka loogu baahan yahay ee degmada.

Waxaan jeclaan lahayn inaan ka codsanno qoysaska inay soo buuxiyaan foomka ku lifaaqan ka hor Oktoobar 14th, 2021, oo aan dib ugu soo celino Xafiiska Adeegga Cuntada ee baqshadda ku lifaaqan. Codsigeena / sahanka internetka ayaa la heli karaa, haddii aad doorbideyso: www.portlandschools.org/departments/operations/food_service/free_reduced_information.

Dhamaan macluumaadka la bixiyay waa qarsoodi. Soo noqoshada codsiyada si dhakhso leh ayaa noo oggolaan doonta inaan ku qabanno waqtigooda maalinta ugu horreysa dugsiga.

Codsiga Dheefta Cunnada waa in loo adeegsadaa ardayda dhigata dugsiyada soo socda: **Longfellow, Lyseth, Ocean Ave, Peaks Island, Rowe, King, Lincoln, Moore, Portland High, Deering High, iyo Casco Bay High.**

Foomka Xog Ururinta Dakhliga Qoyska waa in loo adeegsadaa ardayda dhigata **East End, Presumpscot, Reiche, iyo Talbot.** Qoysaska carruurta leh labadaba, waa inay buuxiyaan labada foomba.

Waxaan rajeyneynaa inaan mar kale ku soo noqonno makhaayadda, annagoo ku raaxeysaneyno cunno, sheeko iyo qosol.

Si aad jawaab ugu hesho su'aalaha ama aad u codsatid caawimaad waxaad kala xiriiri kartaa Waaxda Adeegga Cuntada lambarka (207) 874-8231 ama mcluci@portlandschools.org

Salaan wanaagsan,

Jane McLucas

Jane McLucas

Websaydhka Adeegga Cuntada:

www.portlandschools.org/departments/operations/food_service

Nagala soco Facebook:

<https://www.facebook.com/PortlandMEFoodService>

Codsiyada onlaynka ah

Sannadkan sii socdaba, dalabkeenna waxtarka cuntada ee Bilaashka ah iyo Dhimista ah, iyo sidoo kale Dakhliga Qoyska ee CEP

Foomka Xog Ururinta waxaa laga heli karaa qoysaska khadka tooska ah. Foomamkan waxaa laga heli karaa tabta macluumaadka bilaashka ah iyo kuwa la dhimay.

Qaabka menu iyo cuntada

Dhammaan cuntooyinka waxay la kulmaan tilmaamaha USDA waxaana ku jira shanta qaybood ee cuntada: Miraha,

Khudaarta, Hilibka / Hilibka Beddelka, Midho dhan, iyo Caano. Ardayda ayaa lasiiyaa dhamaan shanta, laakiin waxaa looga baahan yahay inay doortaan seddex si ay uguqalmaan cuntada sida soo celinta. Saddexdaas midkood waa inuu noqdaa miro ama khudrad. Dhammaan menusyadu waxay ku dhegan yihiin kanaalka 3 iyo degelkeenna qaybta 'Menus tab'.

Qiimaha Cuntada 2021-2022

Kahor K - 5

Breakfast: FREE
Lunch: FREE
8oz Milk: \$0.50

Middle/High

Breakfast: FREE
Lunch: FREE
8oz Milk: \$0.50

Hadafkeenu waa inaan siino dhamaan ardayda cuno, nafaqo leh oo si feker leh looga soosaaray laguna sameeyay jacayl.



PORTLAND PUBLIC SCHOOLS

prepared & empowered

English

If you need help with translating this information into another language, please call the Multilingual and Multicultural Center at 874-8135.

Acholi

Ka imito kony me kwango ngec man i leb mukene, tim ber go cim i ofic pa *Multilingual* ki *Multicultural Center* i nama 874-8135.

Arabic

إذا كنت بحاجة الى المساعدة في ترجمة هذه المعلومات الى لغة أخرى, يرجى الاتصال بدائرة برامج اللغات والثقافات المتعددة في التربية على الرقم 874-8135.

Chinese

如果你需要这个资讯翻译成中文请打电话到多元文化和多种语言办公室874-8135。

French

-Si vous avez besoins d'aide avec la traduction dans une autre langue, s'il vous plaît appelez le Centre Multilingue et Multiculturel au 874-8135.

Khmer

ប្រសិនបើលោកអ្នកត្រូវការជំនួយបកប្រែដំណឹងនេះទៅជាភាសាណាមួយ សូមទាក់ទងមជ្ឈមណ្ឌលពហុភាសា/វប្បធម៌ លេខ ៨៧៤-៨១៣៥ ។

Kinyarwanda

-Nimwaba mukeneye ubasemurira mu rundi rurimi, tubasavye guhamagara ikigo C'Indimi n'Imico itandukanye kuri 874-8135.

Español

Si usted necesita ayuda traduciendo esta información a otro idioma, por favor llame el Centro Multilingüe y Multicultural al 874-8135.

Português

Se você precisa de ajuda com a tradução desta informação para Português, por favor, ligue para o Centro Multilingüe & Multicultural no telefone 874-8135.

Somali

Haddii aad u baahan tahay in lagaa caawiyo sidii warbixintaan laguugu tarjumi lahaa af kale, fadlan soo wac Xarunta dhexe Luqadaha iyo Dhaqamada kala Duwan : 874-8135.

Swahili

-Ukihitaji msaada na kutafsiri katika lugha nyingine, tafadhali piga simu ofisi ya Mipango ya Lugha na Kitamaduni kwa 874-8135.

Vietnamese

Nếu quý vị cần giúp đỡ để dịch thông tin này sang ngôn ngữ khác, xin hãy gọi Trung Tâm Đa Ngôn Ngữ và Đa Văn Hóa theo điện thoại số 874-8135.

Dugsiyada Dadweynaha ee Portland – Tirakoobka Dakhliga Qoysaska ee 2022.

**AAD AYAY MUHIIM U TAHAY IN FOOMKAN SI DHAKHSO AH LOO SOO BUUXIYO. FADLAN SOO CELI UGU DANBAYN
October 14, 2021**

Waalidka qaaliga ahow:

Tirakoobkani wuxuu Wasaaradda Waxbarashada ee Gobolka u suuragelinayaa inay helaan warbixin ay ku ogaadaan in ardayda dugsiagadhigataa xaq u leeyihiin Dhaqaalaha Qoysaska Danyarta ah sida uu qeexayo Xeerka Adeegyada Lagama-maarmaanka ah. Haddii aad wax su'aal ah qabto, fadlan soo wac Xafiiska Adeega Cuntada (207) 874-8231.

Foomkan waxaa lagaaga baahan yahay inaad ku soo celiso maamulka dugsiagaaga ugu danbayn Khamista, October 14, 2021. Fadlan ilmahaaga oo dhan ku qor foomkan.

Magaca awoowga: _____ Telefoonka: _____ E-mail: _____

| Magacyada ardayda K-12 ee dhigta dugsiyada Dadweynaha School | | | Dugsiga uu dhigto | Fasalka |
|--------------------------------------------------------------|---------|-------------|-------------------|---------|
| Magaca awoowga | M/Dhexe | Magaca 1aad | | |
| 1. | | | | |
| 2. | | | | |
| 3. | | | | |
| 4. | | | | |
| 5. | | | | |
| 6. | | | | |

QAYBTA II: Buuxi qaybtan tirada qoyska iyo dakhliga

Sax sanduuqa tirada qoyskaaga oo dhan oo sax meesha ku habboon dakhliga guud: qaybta 1aad, qaybta 2aad ama qaybta 3aad. Dooro hal qayb oo kaliya si aad u sheegto dakhliga guud ee qoyskaaga. Si aad u fahanto waxa looga dan leeyahay tirada qoyska iyo dakhliga guud, fadlan akhri warqaddan dhabarkeeda.

| Doorp Tirada Qoyska | Qaybta 1— Dakhliga guud Sannadkiiba ee intan u dhaxaysa | Qaybta 2— Dakhliga guud Sannadkiiba ee intan u dhaxaysa | Qaybta 3— Dakhliga guud ee qoysku intan wuu ka badan yahay |
|----------------------------|------------------------------------------------------------|------------------------------------------------------------|---------------------------------------------------------------|
| <input type="checkbox"/> 1 | <input type="checkbox"/> \$0 - \$16,744 | <input type="checkbox"/> \$16,745 - \$23,828 | <input type="checkbox"/> \$23,829 ama ka badan |
| <input type="checkbox"/> 2 | <input type="checkbox"/> \$0 - \$22,646 | <input type="checkbox"/> \$22,647 - \$32,227 | <input type="checkbox"/> \$32,228 ama ka badan |
| <input type="checkbox"/> 3 | <input type="checkbox"/> \$0 - \$28,548 | <input type="checkbox"/> \$28,549 - \$40,626 | <input type="checkbox"/> \$40,627 ama ka badan |
| <input type="checkbox"/> 4 | <input type="checkbox"/> \$0 - \$34,450 | <input type="checkbox"/> \$34,451 - \$49,025 | <input type="checkbox"/> \$49,026 ama ka badan |
| <input type="checkbox"/> 5 | <input type="checkbox"/> \$0 - \$40,352 | <input type="checkbox"/> \$40,353 - \$57,424 | <input type="checkbox"/> \$57,425 ama ka badan |
| <input type="checkbox"/> 6 | <input type="checkbox"/> \$0 - \$46,254 | <input type="checkbox"/> \$46,255 - \$65,823 | <input type="checkbox"/> \$65,824 ama ka badan |
| <input type="checkbox"/> 7 | <input type="checkbox"/> \$0 - \$52,156 | <input type="checkbox"/> \$52,157 - \$74,222 | <input type="checkbox"/> \$74,223 ama ka badan |
| <input type="checkbox"/> 8 | <input type="checkbox"/> \$0 - \$58,058 | <input type="checkbox"/> \$58,059 - \$82,621 | <input type="checkbox"/> \$82,622 ama ka badan |

Haddii tirada qoyskaaga ka badan tahay 8, hoos ku qor tirada qoyskaaga iyo dakhliga guud:

Tirada Qoyska: _____ Dakhliga Guud Sannadkiiba: \$ _____

Qaybta III Saxeexa

Waxaan halkan ku caddeynayaa in warbixinta foomkan ku qorani ay run tahay oo aan ku qoray dhammaan dakhligayg. Waxaan fahamsanahy in warbixinta an halkan ku qoray dugsiigu ku heli karo dhaqaale ka yimaada dowladda dhexe iyo in

Saxeexa Waalidka _____

Taariikh _____

Magaca Waalidka _____

Hay'adani waa adeeg bixiye loo wada siman yahay. Sharciga Xuquuqda Aadanaha ee Maine wuxuu mamnuucayaa takoorka, sababo la xiriira midab, midab, jinsi, nooca galmada, da', naafonimo jireed ama maskaxeed, macluumaad hidde, diin, abtirsiiin ama asal qaran.

Cabashooyinka takoorka waa in lagu xareeyaa xafiiska Komishanka Xuquuqda Aadanaha ee Maine, 51 Xarunta Guriga ee Gobolka, Augusta, Maine 04333-0051. Haddii aad rabto inaad ku xareeyso cabasho takoor elektaroonig ah, booqo websaydhka Guddiga Xuquuqda Aadanaha oo ah <https://www.maine.gov/mhrc/file/instructions> oo buuxi foomka su'aalaha qaadashada. Maine waa shaqo bixiye loo wada siman yahay iyo loo shaqeeye.

Yaan ku daraa "Tirada Qoyska"?

Waa inaad isku darto naftaada iyo dhamaan dadka kula nool ha ahaadaan qoyskaaga ama yayna ahaanine (tusaale ahaan, carruurtaada, awoowe/ayeeyo, qaraabo kale, saaxiibbo) haddii aad wadaagtaan dakhli iyo kharashka nolol maalmeedka. Haddii aad la nooshahay dad kale oo dhaqaale ahaan madax bannaan (Tusaale ahaan aan dhaqaale la wadaagin caruurtada oo kharashka gurigana wixii kaga aaddan uun bixiya), markaa ha ku darin.

Maxaan ku daraa "Dakhliga guud ee Sannadlaha ah"?

Dakhliga guud ee Sannadlaha ah waxaa ka mid waxyaalhan soo socda:

- **Dakhliga shaqada kaa soo gala oo isku jira:** Isticmaal lacagta lagu siiyo oo dhan, ma aha waxa kuu soo hadha. Dakhliga oo isku jira waxa looga jeedaa inta aan laga goyn canshuuraha iyo lacagaha kale ee lagaa jaro. Waxaad dakhligan ka ogaan kartaa jeeggaaga dabadliisa, haddii aadan hubinna weydii horjoogahaaga shaqada. Dakhliga saafiga ah waxa la rabaa inay qoraan dadka leh ganacsiga, guryaha kirada ah iyo beeralayda oo kaliya.
- **Kaalimada dawladda iyo masaariifta:** Ku dar wixii qof kasta oo ka tirsan qoyskaaga ah kasoo gala Hay'adda Adeegga Bulshada Gobolka Maine (Maine DHHS).
- **Dakhliga Howlgabka, Caymiska Qaranka (Social Security), Caymiska Laxaad-Jaaweyaasha (SSI), Halgameyaasha (VA benefits), iyo dakhliga curyaanka:** ku qor qof walba inta soo gasha.
- **Dhammaan Dakhliga Kale:** Ku dar lacagta shaqaalaha shaqada ku dhaawacma (worker's compensation), lacagta la siiyo dadka shaqada raadinaya (unemployment) ama lacagta mudaaharaadka shaqo joojinta, lacag joogta ah oo aad ka hesho dad aan qoyskaaga ahayn.
- **Lacagta Milatariga Looga Kabo Guryaha:** Ku dar lacagta lagu siiyo guryaha ka baxsan saldhigga ciidanka. Ha ku darin lacagta lagu bixiyo khatarta dheeraadka ah ama guryaha sida goonida ah loo leeyahay.
- **Lacagta Saacadaha Dheeraadka ah (Overtime):** Lacagta saacadaha dheeraadka ah ku dar kaliya haddii aad u hesho si joogto ah.

Sideen u sheegi karaa lacagta aan qaato sannad haddii lacagta la ii siiyo bil bil ama todobaad?

- Isu gee lacagta guud ee qoysku sameey adigoo tixraacaya qeexdinta kor ku qoran. Qoysaska lacagta lagu siiyo waqtiyo kala duwan sidaan sannadde ha uga dhigaan:
 - Haddii mushaharka loo siiyo bil bil, ku dhufo 12
 - Haddii mushaharka loo siiyo bishii laba jeer ku dhufo 24
 - Haddii mushaharka loo bixiyo 2dii todobaadba hal mar, lacagta ku dhufo 26
 - Haddii mushaharka loo bixiyo todobaadkiiba hal mar ku dhufo 52
- Isu gee lacagta qoyska oo dhan adigoo xisaabinya sannadkiiba qof walba inta soo gasha, oo sax sanduuqa ku aaddan isugaynta lacagta qoyskaaga oodhacn sameeyey xaashida.
- Haddii tirada qoyskaagu ka badan tahay inta meesha ku qoran, dliwaangeli tirada qoyskaaga iyo dakhliga guud ee sannadkiiba soo gala.

Haddii dakhligaagu isbedelo, ku dar lacagaha iyo mushaharada ku soo gala oo dhan. Tusaale ahaan, haddii aad caadi ahaan samayso \$1,000 bil kasta, laakiin aad muddo shaqada ka baaqato, kadibna ay ku soo gashay \$900, u xisaabi inaad samayso bil walba \$1,000. Lacagta saacadaha dheeraadka ah ku qor kaliya haddii aad si joogta ah u shaqayso. Haddii aad shaqadaada weydo ama saacadaha la dhimo, ku qor eber ama saacadaha cusub.