

FREE/REDUCED APPLICATION BENEFITS

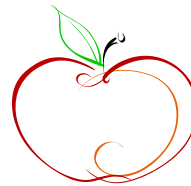
SPECIAL DIETARY NEEDS

MUST fill out application even though MEALS are free to receive other benefits

If your household has not received the 2022-2023 approval letter for **FREE/REDUCED Benefits (Example—P-EBT Cards, Cable, etc.)** from Monongalia County Child Nutrition Services, please use the online application at www.schoolcafe.com to get started. Paper applications are also available at all county school sites and the Monongalia County BOE Office at 13 South High Street. The information provided on the application is confidential information to be used only for the purposes of determining eligibility for participant in USDA Child Nutrition Programs. An application may be submitted at any time during the school year, but must be submitted annually for continued eligibility if your household has not been approved for the current school year. Please maintain all approval notifications received since students and households may also qualify for additional benefits and discounts with proper documentation of free meal participation. Federal guidelines are set annually based on household size and income. The income levels change yearly so apply again for this school year at any time.

Meal modifications to accommodate students with disabilities must be supported by a medical needs statement signed by a licensed medical professional for special dietary recommendations. Other special dietary modifications requests are reviewed on a case-by-case basis when written orders from your child's healthcare professional are provided. Please return the Medical Plan of Care for School Food Service form to the school nurse when special meal modifications are required.

Requests for substitutions for individual children who do not have a medical necessary dietary restriction, such as religious or family choices, may be honored on a case-by-case basis according to USDA's meal pattern requirements.



Hours
Monday-Friday 8 AM – 4:00 PM
Phone: 304 - 291- 9210 x1539

This institution is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability.

2022-2023 INCOME GUIDELINES for FREE MEALS

FAMILY SIZE	ANNUAL INCOME before deductions
2	\$ 23,803
3	\$ 29,939
4	\$ 36,075
5	\$ 42,211
6	\$ 48,347

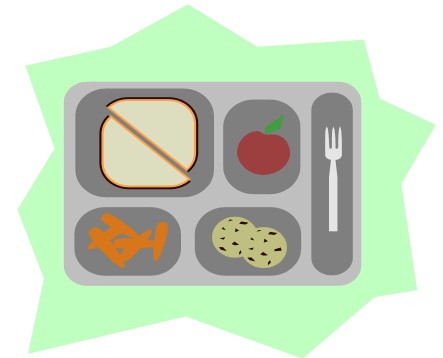
For each additional family member, add \$ 6,136.

*****All meals are free to ALL Monongalia County Students for the 2022-2023 school year.**

However, all families are encouraged to fill out an application to receive other benefits that may come available during the school year.



Child Nutrition Services



Providing safe, healthy and nutritious school meals for all county students.

Mon County BOE is providing FREE meals to all students during the 2022-2023 school year.

*****MUST fill out application even though MEALS are free to receive other benefits.**

(Example—P-EBT cards, Cable, etc.)

**Monongalia County Board of Education
Child Nutrition Services
1751 Earl. L. Core Rd
Morgantown, WV 26505**

SCHOOL BREAKFAST PROGRAM CAFETERIA BREAKFAST

Traditional breakfast items served in the cafeteria provides students with food to refuel their body and jump-start their day. Children who eat breakfast tend to perform better in school. Includes whole grains, protein, fruits / juice and milk selection.



GRAB N GO / AFTER-FIRST BREAKFAST OPTION

All county schools offer a breakfast alternative such as grab n go to the classroom or a second chance breakfast after first period. The breakfast provides the recommended meal items for the national school breakfast program in a grab n go easy to eat option.

FRUIT Fresh selection or canned variety	1/2 cup
JUICE 100% fruit	4 oz.
GRAINS Whole grain rich items served	1-2 breads
PROTEIN optional selection to complement grains	1 oz.
MILK 1% or non-fat	8 oz.

ELEMENTARY LUNCH

Complete meal tray served to all elementary students.

FRUIT Variety of fresh or canned	1/2 cup
VEGETABLES Fresh or steamed	3/4 cup
GRAINS All grain items contain 51% whole grains.	1-2 oz.
MEAT ENTRÉE/ Protein alternative Center of the plate feature for growing children	1-2 oz.
MILK 1 % white, skim or non-fat flavored	8 oz.

SECONDARY LUNCH

Fresh Fruit and Vegetable selections and self serve food bars provide students in the upper grade levels an opportunity to select items offered from the 5 food groups listed above. All students must select at least 1/2 cup of fruit or vegetables and select from at least 3 food groups for an approved school lunch. Larger portions of fruit and vegetable servings are offered for high school students.



Daily Average Calories

Elementary: 550-650 calories
Middle: 600-700 calories
High: 750-850 calories

Calories based on eating a balanced meal containing all five food groups.

PAYMENT OPTIONS

ALL meals charged prior to March 13, 2020 are to be paid. Delinquent accounts are subject to referral to collection agency or magistrate court.



www.schoolcafe.com

- ⇒ **FREE/REDUCED Benefits** online application site. (Example—P-EBT Cards)
- ⇒ View your student's cafeteria account balance. Transfer or add funds.
- ⇒ Make secure online payments 24/7 anytime, Convenience fee (5%) applies for online payments.

or

Pay by check with child's account #

**Monongalia County Schools
PO Box 7838
Charleston, WV 25356**

MEAL PRICES FOR 2022-2023

	<u>Breakfast</u>	<u>Lunch</u>
Students	FREE	FREE
Free/Reduced Staff/Visitor	FREE \$3.25	FREE \$5.00
Extra Milk	FREE	