

Welcome to the Moscow School District. Please take a moment to read this information regarding the school breakfast and lunch program. School meals are a convenient, healthy, and economical way to fuel your child's learning process.

The Student Nutrition Services Department of the Moscow School District provides breakfast, lunch and snacks to more than 2400 students per day. These balanced meals served provide the recommended amounts for calories, protein, fat and other nutrients that students need, in amounts established by the USDA. Nutrient standards for school meals have increased, so students can expect to see more whole grains and nonfat milk offerings, with fewer "fried" foods and less sodium. We offer a variety of meal choices, including a vegetarian choice daily at all grade levels. Fresh fruits and vegetables are served frequently. Our goal is to constantly improve the quality of meals served to students and staff of Moscow School District. Breakfast is served in the cafeteria from the time school opens until the bell rings. We offer a variety of choices each day with milk and juice or fruit. We offer high quality meals at the lowest price in town.

Menus (including nutrition information) are distributed to all students as well as published on the MSD web site: www.ms281.org. Each class has a choice day, an opportunity to plan menus for the whole school. We invite parents to join their children for lunch for \$3.30. Please call the school's office before 9 AM to make reservations.

The Student Nutrition Program uses a computerized system called Power Lunch that debits your student's account for breakfast, lunch, or milk purchases. All meal purchases must be prepaid to your account. Meal credits may be purchased from the Student Nutrition Staff before school starts in the morning or during meals. You may deposit funds into your student's account in any amount. All students have an account, even those on the free meal program. We allow charging for meals in emergencies, with a limit of three. When an account is low of funds or if a charge occurs, the cashier notifies the student. A note will be sent home to keep parents informed of charges.

The Student Nutrition Services Department operates like a business within the Moscow School District. We aim to provide nutritious meals while maintaining a positive fund balance. We work hard to make the most of our funding to cover our costs. Our budget depends on revenues from local and federal sources to cover the costs of food and salaries for the meal program.

Meal prices for the 2009-2010 school year are:

LUNCH	\$ 1.65	BREAKFAST	\$1.30
Reduced price	\$ 0.40	Reduced price	\$ 0.30
20 days	\$33.00	20 days	\$ 26.00
5 days	\$8.25	5 days	\$ 6.50
Whole school year	\$287.10	Whole school year	\$226.20
MILK for those bringing a lunch from home	\$0.30		

The Free & Reduced Meal Program is available to families that qualify based on income and household size. See the chart below to determine if your family qualifies for benefits. Applications are sent home at the beginning of the school year and are available anytime from the school offices. If your family qualified for benefits last year, you may start out the new school year with that same benefit until your new application is processed or the grace period ends on October 1st. **The Free & Reduced Meal Program is an important source of our funding as well as supporting other educational programs. This confidential program enables us to keep our prices for all as low as possible.**

Effective July 1, 2009 to June 30, 2010			
Household Size	Annual Income	Monthly Income	Weekly Income
1	\$20,036	\$1,670	\$386
2	\$26,955	\$2,247	\$519
3	\$33,874	\$2,823	\$652
4	\$40,793	\$3,400	\$785
5	\$47,712	\$3,976	\$918
6	\$54,631	\$4,553	\$1,051
7	\$61,550	\$5,130	\$1,184
8	\$68,469	\$5,706	\$1,317
For each additional member add	+ 6919	+ 577	+ 134

A Registered Dietitian, Mimi Pengilly, manages the Moscow School Meal Program. Please call if your child has special nutrition needs during their school day such as food allergies. We can provide alternatives when your doctor completes a form. We are interested in your comments and questions about the meal program and thank you for your support.

Sincerely,
Mimi Pengilly, R.D.
Director, Student Nutrition Services
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