

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 economic alternative to dining anywhere else. Think about the time and energy that can be saved by staying on campus over the lunch break!

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. Lunches can be selected from at least four options daily including fresh pizza and salad options. Fresh fruits and vegetables are served daily with each lunch. 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. Our menus are available in the school office, cafeteria, or on the MSD web site: www.msd281.org. We offer high quality meals at the lowest price in town.

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. Credits may be purchased from the Student Nutrition Staff before school starts in the morning or during meals. You may deposit funds into your 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 two. 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. Students should use their ASB card for fastest service or can type in their last name to access their account in each meal line: Main Line/Salad Bar and the Pizza Line in the Commons. We "employ" dependable, good natured student workers who work in exchange for a lunch. Let the cooks know if you are interested.

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	\$2.20	BREAKFAST	\$ 1.90
Reduced price	\$0.40	Reduced price	\$ 0.30
20 days	\$ 44.00	20 days	\$ 38.00
5 days	\$11.00	5 days	\$ 9.50
Whole school year	\$387.20	Whole school year	\$334.40
MILK for those bringing a lunch from home	\$0.30		

The Free & Reduced Meal Program is available to families that qualify. 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 office. 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 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 such as food allergies so that a substitution can be made. We are always striving to improve our program and welcome your comments.

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