

**School Meal Program information for Moscow High and Paradise High School students and parents 2016-2017**

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 2200 students per day. Our schools take part in the National School Lunch Program, a USDA federal program. USDA has changed the meal patterns to provide healthier meals to students and to fight childhood obesity. We offer a variety of meal choices, including a vegetarian choice daily at all grade levels. Breakfast is served in the cafeteria from the time school opens until the bell rings. We offer a variety of breakfast options each day with milk and juice or fruit.

We offer high quality meals at the lowest price in town. Our school meals feature:

- an increased variety of fruits and vegetables (including some foods from local sources)
- more whole grains
- age appropriate meat/protein and calorie servings
- a variety of low-fat dairy products

Monthly menus and additional meal program information is available on the MSD web site: [www.ms281.org/lunches](http://www.ms281.org/lunches)

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 also purchase meals online using the MSD website using the Pay for Lunch tab. 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 as a business within the Moscow School District. We aim to provide nutritious meals while maintaining a positive fund balance. We work efficiently to cover our costs. Our budget depends on revenues from local and federal sources to cover the costs of food, supplies and salaries for the meal program.

**Meal prices for the 2016-2017 school year have increased:**

<b>LUNCH</b>	<b>\$ 2.75</b>	<b>BREAKFAST</b>	<b>\$2.00</b>
Reduced price	\$ 0.40	Reduced price	\$ 0.30
20 days	\$55.00	20 days	\$ 40.00
5 days	\$13.75	5 days	\$10.00
Whole school year	\$481.25	Whole school year	\$350.00
MILK for those bringing a lunch from home	\$0.35		

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. The income guidelines change each year. 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. If you received a letter stating that your household is pre-approved for free meals, you do not need to complete an application. **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, 2016 to June 30, 2017		
Household Size	Annual Income	Monthly Income
1	21,978	1832
2	29,637	2470
3	37,296	3108
4	44,955	3747
5	52,614	4385
6	60,273	5023
7	67,951	5663
8	75,647	6304
For each additional member add	+7696	+642

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.

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