

School Meal Program information for Moscow High School & Paradise Creek Regional High School 2017-2018

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 USDA National School Lunch & Breakfast Programs. We offer a variety of meal choices, including a vegetarian choice daily at all grade levels. Breakfast is served in the cafeteria before school begins 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)
- whole grains
- grade appropriate meat/protein and calorie requirements
- a variety of low-fat dairy products

Menus and additional meal program information is available on the MSD web site under the Parent's tab: www.msd281.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. **Payment for meals is the responsibility of parents, so all communication regarding meal payments will be made to parents only to avoid embarrassment of the student. Parents will be notified of school meal charges via phone, email or mail. Please pay meal charges promptly so that we can save time and resources.**

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 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 2017-2018 school year have increased:

LUNCH	\$ 3.10	BREAKFAST	\$2.25
Reduced price	\$ 0.40	Reduced price	\$ 0.30
20 days	\$62.00	20 days	\$ 45.00
5 days	\$15.50	5 days	\$ 11.25
Whole school year	\$542.50	Whole school year	\$393.75
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 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, 2017 to June 30, 2018		
Household Size	Annual Income	Monthly Income
1	22,310	1860
2	30,044	2504
3	37,777	3149
4	45,510	3793
5	53,243	4437
6	60,976	5082
7	68,709	5726
8	76,442	6371
For each additional member add	+7733	+645

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.

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This institution is an equal opportunity provider.

