

## MSAD #45 SCHOOL NUTRITION PROGRAM



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Dear Parent or Guardian

Another school year is already here. Where did the summer go! Please, please, please complete the **Meal Application Form** as soon as possible and return to Theresa Ewing, Superintendents Office. Remember, your completed application may help MSAD #45 qualify for additional federal funding as well as new educational grants and programs (21<sup>st</sup> Century Grant, Summer Meal Program). These programs are a result of completed free/reduced meal applications which are good for your children and for the community.

Here's a list of NEW changes, a few reminders, helpful hints, and a very important date.

- **NEW, HEALTHIER MENUS with MORE fresh fruits & vegetables!!!** Menus based on the Dietary Guidelines for Americans, designed to help children maintain healthy weight, good health now and in the future, and help children get enough key nutrients like calcium, vitamin D, potassium and fiber.
- **Changes in Meal Prices this year!!!** We have been approved to participate in the Special Provision II breakfast and lunch program. We really need everyone to fill out and return the application this year. With this Special Provision II Program everyone will not be charged for breakfast or lunch. Milk will still be at \$.30, so if only a milk is wanted the student will be charged. You may still have a lunch balance from previous years, with this program there should be no additional charges unless it is for milk. Bills will still be sent out monthly. Please fill out the application and return it by the deadline. You can find more information on our website. [www.msad45.net](http://www.msad45.net).
- **How do I apply for free or reduced price school meals?** Simply complete the attached Free and Reduced Price School Meal Application and return it to the school.
- **A timesaver...** if you have more than one child and/or a foster child attending MSAD #45, fill out only **one application** and list all children on that one form. .
- **Does your child have a food allergy?** If a substitution is needed, there will be no extra charge for the meal. Please call Jody Dickinson (455-4504) and let her know of the food allergy.
- **No specific family income information is shared with anyone; it is truly confidential.**
- ***Application deadline-FRIDAY, SEPTEMBER 20.***

- **Can I pay meal bills on line?** Paying your school lunch bill can be done at [myschoolbucks.com](http://myschoolbucks.com). If you do not know your child's student ID #, please call me 455-8301.
- **Student Lunch Cards: We will be getting our lunch cards from Life Touch. Teachers will have the cards in their rooms. Students need to make sure they get their card before going to lunch. If any student doesn't have their card will have to go to the end of the lunch line. If the lose their card please have them let me know so I can try and get a replacement.**

Thank you in advance for taking the time to complete this important free/reduced meal application today.

Theresa Ewing, Food Service Director