



**Nutrition Services**  
 9921 N. Nevada St., Suite 100, Spokane,  
 WA. 99218  
 Telephone (509) 465-6100 FAX (509) 465-6101

Dear Mead School District Families:

The Mead School District Nutrition Services welcomes you to the 2017-18 school year. This important newsletter includes beneficial information for **all** families in our district. Please read through the following sections for information pertaining to your family.

**MEAL PRICES for 2017-2018 school year.**

	Breakfast	Lunch	Reduced Breakfast	Reduced Price Lunch <b>Grades K-3</b>	Reduced Price Lunch <b>Grades 4-12</b>	Milk purchased without meal
Elementary	1.55	2.60	0.00	0.00	.40	.65
Middle	1.70	3.05	0.00		.40	.65
High	1.80	3.15	0.00		.40	.65
Adults	2.55	4.10				.65

**MEAL PAYMENTS**

**PAYING FOR STUDENT MEALS:** The Meal Magic program is a debit program. Students will need to deposit money prior to using the account. Mead School District provides a simple and convenient way for you to deposit money on your child’s meal account using a credit or debit card. Use the Mead School District Online Payment link <https://wa-mead.intouchrecepting.com/> and the deposit will be credited to your child’s meal account within 15 minutes. **Meal account balances are listed on this site.**

As always, payments may be made at the school office. Please place check or cash in an envelope labeled with student name and bring to the building office.

**MEAL CHARGING**

**Please see enclosed procedure.**

**MENUS**

Our meals are planned to meet national standards. Our weekly menus are balanced to provide calories based on grade levels with a focus on whole grains, a variety of fruits and vegetables, lower sodium and low in saturated fat. We introduce new items throughout the year to give your child the opportunity to try new foods at school, including many scratch recipes. We believe in making right food choices together!

**BREAKFAST**

Our breakfast program is available in all of our schools except Riverpoint Academy, Five Mile Prairie and North Star. Breakfast is essential to children starting school ready to learn. School breakfast is a low cost easy way to provide children with fuel for their brains! Our breakfast menus have a variety of choices full of whole grains, fruits, protein and milk. Monthly menus may be viewed on our website <http://mead.healtheliving.net/>.



## Nutrition Services

9921 N. Nevada St., Suite 100, Spokane,  
WA. 99218

Telephone (509) 465-6100 FAX (509) 465-6101

### **MY SCHOOL MENU APP**

Check out our website for an exciting way to view menus, nutritional information, screen menus for allergens and translate menus into different languages. Available as an app for smartphones, tablets or bookmark on your pc.

### **HARVEST OF THE MONTH**

Each month we highlight local produce on our menus to introduce the students to new and different items. We connect with local farms to bring produce straight from farms to schools, while providing nutrition education. Check out our website to see our monthly Harvest of the Month fact sheets and recipes.

### **FREE & REDUCED MEAL APPLICATIONS**

A new application for Free and Reduced-Price Meals must be filled out every year. **A quick and easy option is to apply online at [www.lunchapp.com](http://www.lunchapp.com).** If you need internet access, our office has a computer station available for parents/guardians at 9921 N. Nevada St., Spokane, 99218. Paper applications are available at school offices, district office or the Nutrition Services website and office. Return paper applications to our office at the above address. You may apply at any time during the school year if your household status changes. The enclosed Letter to Households (Public Schools) has more information on free or reduced price meals as well as other benefits.

### **DIRECT CERTIFICATION:**

If your child/children have been directly certified for free meals by the state of Washington, you will have already received notification prior to this letter. If you have received notification dated **August 15, 2017**, you will not have to fill out an application for that child.

**IMPORTANT:** If you did not receive notification for other students in the household, please call Nutrition Services at 465-6100.

Students who receive *FREE* or *REDUCED-PRICE* meal benefits must be aware that this allows for **one full breakfast and one full lunch per school day**. These benefits do not include separate ala carte purchases.

### **REDUCED OR WAIVED FEES**

In order to receive reduced or waived fees you must give written permission to share the fact your student receives free or reduced meal benefits. Please retain your benefit notification letter from Mead Nutrition Services and give a copy to your child's school if you wish to receive reduced or waived fees.



**Nutrition Services**

**9921 N. Nevada St., Suite 100, Spokane,  
WA. 99218**

**Telephone (509) 465-6100 FAX (509) 465-6101**

**We hope this information is beneficial to you in beginning this new school year. We encourage you to take time to review our webpage for new information throughout the year!**

Sincerely,

Nutrition Services

*In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.*

*Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.*

*To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:*

- (1) Mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410;*
- (2) Fax: (202) 690-7442;*
- (3) Email: [program.intake@usda.gov](mailto:program.intake@usda.gov).*

*This institution is an equal opportunity provider.*