



**Nutrition Services**  
12509 N Market St. Bldg. E, Mead, WA 99021  
Telephone (509) 465-6100 FAX (509) 466-6101

Dear Mead School District Families:

The Mead School District Nutrition Services welcomes you to the 2023-24 school year. This important newsletter includes beneficial information for **all families** in our district. Please read the following sections for information pertaining to your family.

There is a crucial relationship between food and academic performance. We strive to support your child's success by providing foods that they love to eat. High-quality food is important to us, and we have eliminated all artificial food dyes and high fructose corn syrup, decreased sodium and increased access to fresh fruits and vegetables. Many of our items are reduced sugar, whole grain rich, low fat and low sodium versions of your children's favorite grocery store options.

We have several homemade recipes including our Macaroni and Cheese, Cajun Chicken Pasta, Spaghetti with Meat Sauce, Ranch Dressing, and Nacho Cheese Sauce. This winter we will introduce a scratch-made Chicken Pozole on our middle and high school menus. Several times throughout the school year we taste-test new recipe ideas with students to see which options might be incorporated into our menu!

Local and regional produce: we are partnering with Whitestone Mountain Orchard for the second year in a row to bring a variety of whole organic apples into all of our schools. A few times each month we purchase local, organic produce to offer students with their lunches, items we are planning to purchase this fall include blueberries, watermelon, cauliflower, carrots, kale, and parsnips! We will continuously look for new ways to be able to offer our students fresh and exciting food experiences.

### **MENUS for Breakfast and Lunch**

Check out this app. for an easy way to view menus and nutrition information, filter menus for allergens, and translate menus into different languages. Available as an app for smartphones, tablets, or bookmark it on your computer: <https://mead.healtheliving.net/>

**Apple iOS**



**Android**



### **MEAL TIME**

We are pleased to provide breakfast and lunch for your children that meet federal standards and include produce from our Farm to School program. Please check your school's schedule for meal service times.

- **Elementary students** need to be able to say their first AND last name loud and clear for the cashier or have their ID badge. Please have them practice this important skill to keep the meal lines moving quickly.
- **Middle/High school students** must memorize their 5-digit student ID# (found in PowerSchool and on their class schedule) or have their ID badge. Having this info ready helps our servings lines run smoothly ensuring students get as much time to eat as possible.

## MEAL PRICES for the 2023-2024 school year

	Breakfast	Lunch	Reduced Breakfast	Reduced Price Lunch	Milk purchased without meal
Elementary	\$1.85	\$2.95	no cost	no cost	\$0.65
Middle/High	\$2.00	\$3.50	no cost	no cost	\$0.65
Adults	\$3.00	\$5.00	n/a	n/a	\$0.65

### MEAL PAYMENTS

Scan the QR code to go to PowerSchool to deposit money into your child's meal account! Students will need to deposit money prior to using the account. This is the easiest way to put money on their account using a credit or debit card, and there is no additional service fee added to the transaction, the funds will be usable within 4-6 hours. You may also make a payment at the office of your child's school, or send them to school with an envelope containing check or cash labeled with their name and the payment amount written on the envelope, or visit this website instead of the QR Code:

<https://meadschools.powerschool.com/public/home.html>



**MEAL CHARGING and Negative Account Balances: Please see attached procedure**

### DISTRICT NUTRITION & PHYSICAL EDUCATION POLICY & PROCEDURE 6700

Please read for information on district policies on Nutrition & PE. Please check with your school as they may have additional practices in place. [Procedure 6700](#) and [Policy 6700](#). More information on Healthy Celebrations are found on our website: <https://mead.healtheliving.net/>

### SPECIAL DIETARY ACCOMMODATIONS

USDA Child Nutrition Programs support access to healthy meals to all children, including children with disabilities who have special dietary needs. Under the law, a disability is an impairment that substantially limits a major life activity, which can include allergies and digestive conditions, but does not include personal diet preferences. To provide accommodations we must have specific information from a recognized medical authority. Please return this completed & signed form: [Special Dietary Accommodations](#) to your school's nurse.

Students with life-threatening conditions must have physician orders and a health care plan before attending school. Click [here](#) to access Health Care Plans.

### FREE & REDUCED MEAL APPLICATIONS

If your student attends *Brentwood, Colbert, Meadow Ridge, Midway, Prairie View, Shiloh Hills, Skyline, Highland, Mountainside, Northwood, Mead High, Mt. Spokane, or Mead Learning Options*, a new application for **Free and Reduced-Price Meals must be filled out every school year to apply for meal benefits**. If you wish to complete an application online, but are not able to on your own, our office has a computer station available for parents/guardians at 12509 N Market St. Bldg. E, Mead, WA 99021. Paper applications are available at school offices, district office, or the Nutrition Services office. Return paper applications to our office at the above address. You may apply at any time during the school year, especially if your household status changes. Household members do not have to be U.S. citizens for children to qualify for free or reduced-price meals and completing the application has no impact on immigration status. The enclosed Letter to Households (Public Schools) has more information on free or reduced price meals as well as other benefits. After we have processed your application, you will receive an email with an attached approval/denial letter. Please keep approval letters for reduced or waived fees documentation (QR codes and links available on next page).

Apply Online  
<https://mead.familyportal.cloud/>



Translated applications available online  
<https://www.fns.usda.gov/cn/translated-applications>



### COMMUNITY ELIGIBILITY PROVISION SCHOOLS (CEP)

If your child attends **Creekside, Evergreen, Farwell or Shiloh Hills Elementary** school we are excited to announce breakfast and lunch is FREE for all students. These four schools have qualified for CEP under the state law HB 1878.

#### What this means for you:

- If your child attends one of these schools, you do not fill out a meal application for meal benefits, unless you also have children attending another school within the district.
- All households that have not received notification of free meal benefits through the state directly certified process need to fill out an **Education Benefits Form**. This is available on the same website as our meal applications, use the “Apply Online” QR code above or visit:  
<https://mead.familyportal.cloud/>
- The Education Benefits Form is critical in determining the amount of money the school receives from a variety of State and Federal programs.
- Completing the form may qualify you for reduced or waived fees, such as chrome book insurance.

### DIRECT CERTIFICATION:

If your child(ren) has been directly certified for free/reduced meals by the state of Washington, you will have already received notification prior to this letter. If you have received notification that your child/children qualified for free/reduced meals, you will not have to fill out a meal application or education benefits form for that child. **IMPORTANT:** If you did not receive notification for other students in the household, please immediately call Nutrition Services at 509-465-6100.

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 or milk without a meal.

### 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. You may also fill out the attached Consent to Share Eligibility form and send to our office.

If you have any questions, please reach out to Nutrition Services at 509-465-6100.

Sincerely,

Nutrition Services

“In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity. Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotope, American Sign Language), should contact the responsible state or local agency that administers the program or USDA’s TARGET Center at (202) 720- 2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339. To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant’s name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:  
 mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; or  
 fax: (833) 256-1665 or (202) 690-7442;  
 or email: [program.intake@usda.gov](mailto:program.intake@usda.gov)  
 This institution is an equal opportunity provider.”

**Add funds to meal  
account**



**Menu App**

Apple iOS



Android OS



**Meal Benefit  
Application  
  
and  
  
Education  
Benefits Form**

Apply Online



Translated Materials

