

●FOOD & NUTRITION SERVICES●  
**ABOUT OUR SCHOOL MEALS**



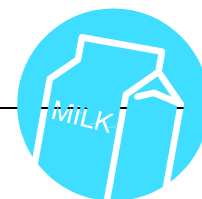
**Breakfast and Lunch:**

The Meridian School District participates in the National School Lunch and Breakfast Program sponsored by the USDA. Each entrée is accompanied by a fresh fruit and vegetable harvest bar selection, along with 1% white milk and non-fat Chocolate milk.

We are proudly serving students nutritious meals every day:

- Whole Grain
- Harvest Self Server Bars that may consist of: Broccoli, Cauliflower, Carrots, Apples, Oranges, Romaine, Spinach, Watermelon, Strawberries, Bananas, Legumes and other seasonal varieties.
- Low-fat Dressings
- Low Fat 1% White Milk and Fat Free Chocolate Milk

	<b>Elementary</b>	<b>Middle and High School</b>
<b>FULL PAY</b>	BRK: \$1.50 LUNCH: \$2.90 <i>Ala Carte Milk \$0.50</i>	BRK: \$1.75 LUNCH: \$3.25 <i>Ala Carte Milk \$0.50</i>
<b>REDUCED</b>	BRK: No Charge LUNCH: No Charge* (K-3rd grade) \$0.40 (4 <sup>TH</sup> & 5 <sup>th</sup> grade) <small>*There is enough state funding to cover the co-pay for reduced price students K-3<sup>rd</sup> grade</small>	BRK: No Charge LUNCH: \$0.40
<b>FREE</b>	BRK: No Charge LUNCH: No Charge	BRK: No Charge LUNCH: No Charge
<b>Adult</b>	BRK: \$2.00 LUNCH: \$4.00 <i>All Schools Ala Carte: Milk or Juice \$0.50</i>	



**For more information on the food service program go to:**  
<http://www.meridian.wednet.edu/foodservice> and view Food Service Guidelines.

**How do I pay for school meals?**

We accept Check, Cash or you can make a Payment Online.

Make a Check Payable to "Your School" or "Meridian School District Food Service."

**(Please include students name on check)**

**We do not accept Canadian money or any other foreign currency.**

**Where can I Pre-Pay Online, View Student Purchases?**

Please visit [www.MyMealtime.com](http://www.MyMealtime.com). Many parents enjoy the convenience of Mealtime Online. It is our computerized system that allows families to access balances, view purchases, request low balance email notifications, or make payments 24 hours a day from your computer. All students are assigned an ID Number when they enter the district. There is no charge to view purchases, receive email notifications, or check balances. Once a day our point of sale system transmits and downloads any new deposits to our school building terminals so accounts balances are current. If you miss this deadline, the account will not reflect the new balance until the following day. All balances follow your student into the next school year even if you student transfers to another school within the district.

## How can I learn more about applying for Free and Reduced Price Meals?

Please notify the Food Service Department if there are other family members using the meal program. **Kindergarteners and new students do not automatically transfer to a sibling's eligibility and a new application must be submitted.**

**If you think you might qualify under federal guidelines, please complete a current application.** Applications are available at each school or you can access a copy online. All information provided is kept confidential. Eligible Students may receive Free Meals (No Charge) or Reduced Price (\$0.40). Applications are accepted all year long. *According to government guidelines our office has 10 working days to process an application once received by food services. Turning in an application does not automatically approve a child for free or reduced meals.* A family will be notified by mail of their status or they can call the Nutrition Office 360-318-2360 to check the status of their application. We do our best to approve them as soon as they are received. **Until officially approved by the child nutrition office the family is responsible to pay for lunches.** To qualify for these programs a guardian must fill out an application every calendar year and submit it to the Food & Nutrition Office. Eligible students are based on total household income levels, household members, and/or federal assistance program qualifications (i.e. TANF, FDPIR and BASIC FOOD). Please note: If you have a child approved for free or reduced meals any a la carte purchases (ie. Extra milk or juice for \$0.50 or extra slice pizza) will need to be paid for.

**Please contact us if you have any questions or comments:**

Food & Nutrition Services  
Maria Doyle, Food Service Director  
861 Ten Mile Rd  
Lynden, WA 98264  
Phone: 360-318-2267  
Fax: 360-398-8131

# "WE ARE FEEDING OUR FUTURE"

