• Facsimile: (847) 451-2703

**Dr. Diego Giraldo**Superintendent

July 1, 2023

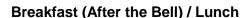
## 2023/2024 Meal Program

We are pleased to inform you that Mannheim School District 83 will participate in the Community Eligibility Option (CEP) program offered by the United States Department of Agriculture for the 2023/2024 school year. This program allows us to provide a breakfast and lunch for our enrolled students <u>at no cost</u> to families.

Parents or Guardians are not required to apply or provide documentation for free or reduced breakfast and lunch. Parents or Guardians do however need to complete a Household Income Eligibility Form along with proper documentation to determine qualification for a Waiver of the Registration Fee.

USDA guidelines stipulate that students must select three (3) out of five (5) healthy food components at each meal – one of which must be a fruit or vegetable – for a healthy, balanced breakfast and /or lunch. Also, students are not allowed to take milk alone. Milk must be combined with a fruit or vegetable and one other component to total 3 items.

Updates about menus and programs will be posted on our website <a href="www.d83.org">www.d83.org</a>. To learn more about the healthy schools meals visit <a href="www.fns.usda.gov">www.fns.usda.gov</a> or <a href="www.isbe.net/Pages/Nutrition-and-Wellness.aspx">www.fns.usda.gov</a> or <a href="www.isbe.net/Pages/Nutrition-and-Wellness.aspx">www.isbe.net/Pages/Nutrition-and-Wellness.aspx</a>. We hope you and your children have a great year! Please feel free to contact us with any questions or comments.



All students in Kindergarten through 8<sup>th</sup> grades will be provided a nutritious *breakfast* as they enter the classroom after the first bell and the school day begins.

Lunch will be served at scheduled times in the cafeteria.

**Ala Carte** options are available at Manheim Middle School 6<sup>th -</sup> 8<sup>th</sup> grade students (only), during all lunch periods in the cafeteria.

To add money to your 6<sup>th</sup> - 8<sup>th</sup> grade (only) student's My School Bucks account; please visit our website at <a href="www.d83.org">www.d83.org</a>. Go to Menu, Meals, Online Payments, My School Bucks Link. If you already have an account you will be prompted to log in. If you <a href="do not have and account you will be prompted to create one using your child's name and school ID number.">ID number</a>.



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As a reminder, students receive one free meal, one for breakfast and one for lunch with all the required USDA components. Anything more must be purchased.

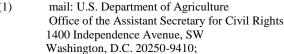
Alicia Cieszykowski,

**Business Manager/CSBO** 

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To file a program complaint of discrimination, complete the <u>USDA Program Discrimination Complaint Form</u>, (AD-3027) found online at: <u>How to File a Complaint</u>, 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:



(2) fax: (202) 690-7442; or

(3) email: program.intake@usda.gov.

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