



**APPLY
TODAY!**

WWW.MYSCHOOLAPPS.COM

Need Help? Call
207-247-3221
ext. 2257
for assistance!

More than a Meal

THE FREE/REDUCED MEAL PRICE PROGRAM AFFECTS MORE THAN JUST MEAL PRICES, CHECK OUT ALL THESE GREAT BENEFITS !!

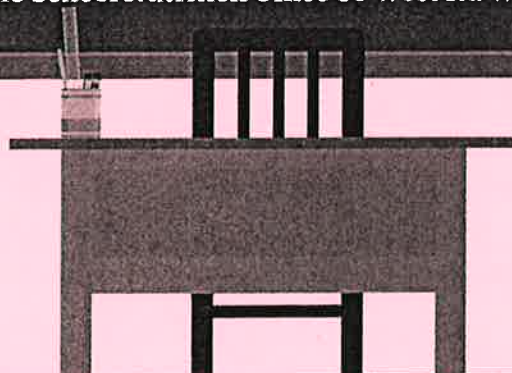
- All students that are eligible for Reduced meals will get breakfast and lunch for **FREE** this year!!
- If you are approved for Free or Reduced meals, you can get discounted internet! Check with your internet provider for more details.
- SAT fees are waived if you receive meal benefits!**
- College application fees are waived if you receive meal benefits!**
- The device fees you will have to pay for your child's device at school is reduced if you receive meal benefits.**
- Our schools receive funding based on how many kids qualify for Free and Reduced meals. If you think you may qualify, apply for benefits even if your child does not eat breakfast or lunch with us!
- Our schools benefit from additional programs to feed kids! After School Snack, Fresh Fruit and Vegetable and Summer Food Service Programs!
- School Kitchens receive grants to purchase equipment!
- After School Enrichment programs!
- Nutrition education classes in schools! Snap Ed & Food Corp!

**We must have a signed release form to share this information with other district departments.

Did you know...

- All children receive meals the same way in the cafeteria, there is no way to tell who is on meal benefits and who is not!
- The income guidelines for meal benefits change yearly, so be sure to apply each school year!
- Your application information is kept secure and confidential, we do not share your information with **ANYONE** unless you give us permission to do so.
- We offer many ways for you to submit your application; send it back to your child's school, online @ www.myschoolapps.com, mail or drop off a paper application to the School Nutrition Office 86 West Rd Waterboro, Maine 04087

**ONLY ONE APPLICATION
PER HOUSEHOLD IS
NEEDED.
YOU MUST SUBMIT A
NEW APPLICATION EACH
SCHOOL YEAR!!**



RSU #57 SCHOOL NUTRITION PROGRAM

OPTIONAL SHARING INFORMATION WITH OTHER PROGRAMS

Dear Parent/Guardian:

To save you time and effort, the information you gave on your Free and Reduced Price School Meals Application may be shared with other programs for which your children may qualify. Your child may qualify for a reduction in fees for programs such as field trips, sports, books, etc.

For the programs you've specified below, we must have your permission to share your information. Sending in this form will not change whether your children get free or reduced price meals.

No! I **DO NOT** want information from my Free and Reduced Price School Meals Application shared with any of these programs.

If you checked no, stop here. You do not have to complete or send in this form. Your information will not be shared.

By checking yes below, you are giving us permission to share meal status information (free, reduced or paid) specific income information will not be shared.

Yes! I **DO** want school officials to share information from my Free and Reduced Price School Meals Application with the RSU 57 Technology Department. (device fees).

Yes! I **DO** want school officials to share information from my Free and Reduced Price School Meals Application with the RSU 57 Guidance Department. (SAT fees and College applications)

Yes! I **DO** want school officials to share information from my Free and Reduced Price School Meals Application with the RSU 57 Athletic Department. (pay to play)

If you checked yes to any or all of the boxes above, fill out the form below. Your information will be shared only with the programs you checked.

Child's Name: _____ School: _____

Child's Name: _____ School: _____

Child's Name: _____ School: _____

Child's Name: _____ School: _____

Child's Name: _____ School: _____

Signature of Parent/Guardian: _____ Date: _____

Printed Name: _____

Address: _____

For more information, you may call the School Nutrition Office at 247-3221, ext. 2257.

Return this form to: RSU #57 School Nutrition Program, 86 West Road Waterboro, ME 04087

Step 5: Optional CHILDREN'S ETHNIC and RACIAL IDENTITIES You are **not** required to answer this question.

Mark one ethnic identity:

- Hispanic or Latino
 Not Hispanic or Latino

Mark one or more racial identities:

- Asian
 White
 Black or African American
 American Indian or Alaska Native
 Native Hawaiian or Other Pacific Islander
 Other

NOTIFICATION OF ELIGIBILITY

DATE:

Dear Parent/Guardian:

Your application for free or reduced price meals for your child(ren) has been:

- Approved for applicable programs listed below (check all that apply)
- | | |
|--|--|
| <input type="checkbox"/> Free Lunches | <input type="checkbox"/> Reduced price lunches at \$ _____ per meal |
| <input type="checkbox"/> Free Breakfasts | <input type="checkbox"/> Reduced price breakfast at \$ _____ per meal |
| <input type="checkbox"/> Free After School Snacks | <input type="checkbox"/> Reduced price After School Snacks at \$ _____ per snack |
| <input type="checkbox"/> Free Milk for K and Pre-K, if meals are unavailable to them | |

- Denied because:
- | | |
|---|---|
| <input type="checkbox"/> Household income is over the amount allowable. | <input type="checkbox"/> The application is missing _____ |
|---|---|

- Other _____

You may appeal this decision by contacting the Hearing Official, _____ at (phone/email of Hearing Official) _____

Sincerely,

Approving Officer

The Richard B. Russell National School Lunch Act requires the information on this application. You do not have to give the information, but if you do not submit all needed information, we cannot approve your child for free or reduced price meals. You must include the last four digits of the social security number of the primary wage earner or other adult household member who signs the application. The social security number is not required when you apply on behalf of a foster child or you list a Supplemental Nutrition Assistance Program (SNAP), Temporary Assistance for Needy Families (TANF) Program or Food Distribution Program on Indian Reservations (FDPIR) case number or other FDPIR identifier for your child or when you indicate that the adult household member signing the application does not have a social security number. We will use your information to determine if your child is eligible for free or reduced price meals, and for administration and enforcement of the lunch and breakfast programs. We may share your eligibility information with education, health, and nutrition programs to help them evaluate, fund, or determine benefits for their programs, auditors for program reviews, and law enforcement officials to help them look into violations of program rules.

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, 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; or
- (3) email: program_intake@usda.gov.

This institution is an equal opportunity provider.

The Maine Human Rights Act prohibits discrimination because of race, color, sex, sexual orientation, age, physical or mental disability, genetic information, religion, ancestry or national origin.

Complaints of discrimination must be filed at the office of the Maine Human Rights Commission, 51 State House Station, Augusta, Maine 04333-0051. If you wish to file a discrimination complaint electronically, visit the Human Rights Commission website at <https://www.maine.gov/mhre/file/instructions> and complete an intake questionnaire. Maine is an equal opportunity provider and employer.

Regional School Unit # 57
86 West Road
Waterboro, Maine 04087

Dear Parent/Guardian:

Our school offers healthy meals every school day. Students may buy meals each day. For a list of meal prices please visit the districts website. www.rsu57.org

Your children may qualify for free or reduced-price meals and may be eligible to get breakfast and lunch at school for *no charge*. To apply, complete the enclosed *SY 2021 Free and Reduced Price School Meal Household Application*. A new application must be submitted each school year.

Meals must meet nutrition standards established by the U.S. Department of Agriculture. If a child has a disability, as determined by a licensed medical authority, and the disability prevents the child from eating the regular school meal, substitutions may be made as prescribed by a licensed medical authority. If a substitution is needed, there will be no extra charge for the meal. Please note, however, that the school is not required to make a substitution, unless it meets the definition of disability. Please call the school nutrition program for further information.

You may return your completed Application to: **RSU 57 School Nutrition Office 86 West Road Waterboro, Maine 04087**

You can also complete the application online at www.myschoolapps.com

Who can get free or reduced price school meals? Children in households receiving SNAP, TANF, or FDPIR benefits and foster, homeless, and migrant children are eligible for free meals without reporting household income. Alternatively, children may receive free or reduced-price meals if their household's income is within the limits on the Federal Income Eligibility Guidelines.

Will information on my application be kept confidential? We will use the information on your form to decide if your child is eligible for free or reduced-price meals. We may inform officials connected with other child nutrition, health and education programs of the information on your form to determine benefits for those programs or for funding and/or evaluation purposes.

How do I know if my children qualify as homeless, migrant, or runaway? Do the members of your household lack a permanent address? Are you staying together in a shelter, hotel, or other temporary housing arrangement? Does your family relocate on a seasonal basis? Are any children living with you who have chosen to leave their prior family or household? If you believe children in your household meet these descriptions and haven't been told your children will get free meals, please call or e-mail ceciliasirianni@rsu57.org

Do I need to fill out an application for each child? No. Use one Application for all students in your household. We cannot approve an application that is not complete, so be sure to fill out all required information.

Should I fill out an application if I received a letter this school year saying my children are already approved for free meals? No, but please read the letter you got carefully and follow the instructions.

My child's application was approved last year. Do I need to fill out a new one? Yes. A new application must be submitted each school year unless the school told you that your child is eligible for the new school year. If you do not send in a new application that is approved by the school or you have not been notified that your child is eligible for free meals, your child will be charged the full price for meals.

Will the form be verified? Your eligibility may be checked at any time during the school year. School officials may ask you to send written evidence.

Can I apply for free and reduced-price meals later? Yes. Please complete an application at any time including if your income decreases, household size increases, or you start getting SNAP, TANF or benefits from FDPIR.

What if I disagree with the school's decision about my application? You should talk to school officials. You also may ask for a hearing by calling or writing to: **Superintendent, Larry Malone 86 West Road Waterboro, Maine 04087 (207) 247-3221**

May I apply if someone in my household is not A U.S. citizen? Yes. You, your children, or other household members do not have to be U.S. citizens to apply for free or reduced-price meals.

What if my income is not always the same? List the amount that you normally receive. For example, if you normally make \$1000 each month, but you missed some work last month and only made \$900, put down that you made \$1000 per month. If you normally get overtime, include it, but do not include it if you only work overtime sometimes. If you have lost a job or had your hours or wages reduced, use your current income.

What if some household members have no income to report? Household members may not receive some types of income we ask you to report on the application or may not receive income at all. Whenever this happens, please write a 0 in the field. However, if any income fields are left empty or blank, those will also be counted as zeroes. Please be careful when leaving income fields blank, as we will assume you meant to do so.

We are in the military. Do we report our income differently? Your basic pay and cash bonuses must be reported as income. If you get any cash value allowances for off-base housing, food, or clothing, it must also be included as income. However, if your housing is part of the Military Housing Privatization Initiative, do not include your housing allowance as income. Any additional combat pay resulting from deployment is also excluded from income.

What if there isn't enough space on the application for my family? List any additional household members on a separate piece of paper and attach it to your application.

My family needs more help. Are there other programs we might apply for? For information about Food Supplement, Health Care, Cash Assistance and/or apply for Maine's Child Care Subsidy, go to My Maine Connection found online at <https://www1.maine.gov/benefits/account/login.html>. For low cost health insurance information, contact Consumers for Affordable Health Care (CAHC) at 1-800-965-7476.

If you have other questions or need help, call **(207) 247-3221 x2257**

Sincerely,
Vanessa Richardson, SNS
School Nutrition Director

SCHOOL YEAR 2021 INCOME GUIDELINES FOR REDUCED PRICE MEALS	
REDUCED	
INCOME GUIDELINES	
Household Size	Monthly
1	1,968
2	2,658
3	3,349
4	4,040
5	4,730
6	5,421
7	6,112
8	6,802
For each additional family member add:	
	691

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.

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Complaints of discrimination must be filed at the office of the Maine Human Rights Commission, 51 State House Station, Augusta, Maine 04333-0051. If you wish to file a discrimination complaint electronically, visit the Human Rights Commission website at <https://www.maine.gov/mhrc/file/instructions> and complete an intake questionnaire. Maine is an equal opportunity provider and employer.

**HOW TO COMPLETE THE
SY 2021 FREE AND REDUCED PRICE SCHOOL MEAL HOUSEHOLD APPLICATION**

Step 1: STUDENT INFORMATION: List all students living in the household

- (a) List all students living in the household
- (b) Include the name of the school they attend (if known)
- (c) If the student is a Foster, Homeless or Migrant child, check the applicable box.
- (d) If the student is a Foster child, their foster parent or other official representing the child must sign the form in step 4. You do not have to list a social security number.
- (e) Foster children should be included as a household member. This may help other household members qualify for benefits.

Step 2: BENEFITS

- (a) Check the appropriate box (Y/N) if you or any members of your household receive SNAP, TANF or FDPIR assistance.
- (b) If no, proceed to step 3.
- (c) If yes, provide the case number and name of the person receiving these benefits. Skip step 3. An adult household member must sign the form in Step 4 but does not have to list a social security number.

Step 3: INCOME List all Household Members include yourself & students listed in step 1. List gross income for each person.

- (a) Write the names of each person living in your household. A household is a person(s) living together that shares income and expenses, even if not related.
- (b) Write the amount of gross income each person receives before taxes and other deductions. Each income amount should be entered in the appropriate column.
- (c) Check the box for how often each income is received.
- (d) If self-employed, write the amount of income the person earns from self-employment; for example, income from being a family day care home provider, or operating a farm. Please call the school if you need help.
- (e) Any income field left blank is a positive indication there is no income to report.

Step 4: Required - Adult signature and last four digits of social security number

- (a) The form must have the **signature** of an adult household member.
- (b) The adult household member who signs must include the **last four digits of his/her social security number**. *If he/she does not have a social security number, check the appropriate box.* A social security number is not needed if you listed a SNAP or TANF case number or if you are applying for a foster child.

Step 5: Optional - CHILDREN'S ETHNIC and RACIAL IDENTITIES: You are **not required** to answer this question, but completion of this information will help ensure everyone is treated fairly.

INCOME TO REPORT

Earnings from Work	<i>Public Assistance/Child Support/Alimony Received</i>	Pensions/Retirement/Social Security & Other Income
-Salary, wages, cash bonuses -Net income from self-employment (farm or business) If you are in the military: -Basic pay and cash bonuses (do not include combat pay, FSSA or privatized housing allowances) --Allowances for off-base housing, food and clothing	-Unemployment benefits -Worker's compensation -Social Security Income (SSI) -Cash assistance from State or local government -Alimony payments -Child support payments -Veteran's benefits -Strike benefits	-Social Security (including railroad retirement and black lung benefits) -Private pensions or disability benefits -Regular income from trusts or estates -Annuities-Investment income -Earned interest -Rental income -Regular cash payments from outside household

