



Dear Parent/Guardian:

This letter tells how your children can get free or reduced-price meals. The cost of school meals is shown below.

Breakfast will be served to those children who qualify for free and reduced-price meals at no cost. Lunches served to children who qualify for reduced-price meals in kindergarten through 3rd grade will be made available at no cost. All other students (preschool and 4th – 12th grades) will be charged the rate shown below.

Grade Level	REGULAR		REDUCED-PRICE	
	Breakfast	Lunch	Breakfast	Lunch
K-3	\$1.75	\$3.25	\$.00	\$.00
4-5	\$1.75	\$3.25	\$.00	\$.40
6-8	\$1.90	\$3.25	\$.00	\$.40
9-12	\$1.90	\$3.50	\$.00	\$.40

All meals meet federal food guidelines. Students who are identified as disabled by their doctor may need different foods. These substitute foods will be made available at no extra charge. If your child needs this assistance, please contact us.

Look at the chart. Find your household size. HOUSEHOLD IS: All persons, including parents, children, grandparents, and all people related or unrelated who live in your home and share living expenses. Do not include foster children. Find your total household income. TOTAL HOUSEHOLD INCOME IS: The income each household member got last month before taxes. This includes wages, social security, pension, unemployment, welfare, child support, alimony, and any other cash income. In certain cases, foster children are eligible for free and reduced-price meals regardless of your income. If you have foster children living with you and want to apply for them, please contact us. The information you give will be used to determine or prove your child's eligibility for free or reduced-price meals. This information may also be used for other state or federally funded school related benefits.

INCOME CHART Effective from July 1, 2008 to June 30, 2009						WHO SHOULD FILL OUT AN APPLICATION?
Household Size	Annual	Monthly	Twice Per Month	Every Two Weeks	Weekly	<p>If your total household income is the SAME or LESS than the amount on the chart or you receive Basic Food, take part in the Food Distribution Program on Indian Reservations (FDPIR), receive Temporary Assistance for Needy Families (TANF) for your children or are applying for a foster child, fill out the application. Return the application to the school. We will notify you if the application is approved or denied.</p> <p>WHAT MUST BE ON THE APPLICATION?</p> <p>For households not getting Basic Food/TANF/FDPIR:</p> <ul style="list-style-type: none"> Child's name Social security number of the adult household member who signs the application, (or check the "I do not have a social security number" box if the adult signing does not have a social security number). Names of all household members Income by source for all household members Adult household member's signature <p>For a family getting Basic Food /TANF/FDPIR:</p> <ul style="list-style-type: none"> Child's name Basic Food, TANF, or FDPIR case number Adult household member's signature <p>For a foster child:</p> <ul style="list-style-type: none"> Child's name (one per application) Child's personal use income Adult's signature
1	\$19,240	\$1,604	\$ 802	\$ 740	\$ 370	
2	25,900	2,159	1,080	997	499	
3	32,560	2,714	1,357	1,253	627	
4	39,220	3,269	1,635	1,509	755	
5	45,880	3,824	1,912	1,765	883	
6	52,540	4,379	2,190	2,021	1,011	
7	59,200	4,934	2,467	2,277	1,139	
8	65,860	5,489	2,745	2,534	1,267	
For each Additional member add:	+6,660	+555	+278	+257	+129	

NEW THIS YEAR: FREE OR LOW-COST HEALTH INSURANCE

If you would like to be contacted about free or low-cost health insurance for your children, please sign and date the box on the back of the Application for Free and Reduced-Price Meals and return it to your child's school. The health coverage includes doctor visits, prescriptions, hospital, dental care, eyeglasses and more. You can also call to request an application: toll free 1-877-543-7669 or fill out and print an application online at www.ParentHelp123.org. Even if your children have private coverage, they may still be eligible for assistance with the monthly premium, co-pays or deductibles.

The Department of Social and Health Services (DSHS) will download the names of all children age birth to 20 into the Office of Superintendent of Public Instruction (OSPI) Core Student Record Database. Information will include the child's first name, last name, middle initial, and date of birth. Upon receipt of this information, OSPI will match student names against the DSHS file and then make the "match" data available to each district via the Internet. Students will automatically qualify for free meals if their schools participate in the U. S. Department of Agriculture (USDA) Child Nutrition Programs. Households that do not want their child(ren) to participate in the free meal program should notify the child(ren)'s school.

PROOF OF ELIGIBILITY

The information you provide may be verified at any time. You may be asked to send additional information to prove your child is eligible to receive free and reduced-price meals.

FAIR HEARING

If you do not agree with the decision on your child's application or the process used to prove income eligibility, you may talk with Ron Ellis, the fair hearing official. You have the right to a fair hearing which may be arranged by calling the school/school district at 425-831-8031.

REAPPLICATION

You may apply for benefits any time during the school year. If you should have a decrease in household income, an increase in household size, or become unemployed, or receive Basic Food, TANF, or FDPIR, you may be eligible for benefits and may fill out an application at that time.

NONDISCRIMINATION

The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, age, sex, or disability. Persons with disabilities who require alternative means for communication of program information (Braille, large print, audiotape, etc.) should contact USDA's TARGET Center at (202) 720-2600 (voice and TDD).

To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue SW, Washington, DC 20250-9410 or call (800) 795-3272 or (202) 720-6382 (TDD). USDA is an equal opportunity provider and employer.

