

Letter to Households 2009–10
Lake Washington School District
 16250 NE 74th Street [P.O. Box 97039]
 Redmond, Washington 98073-9739

Dear Parent/Guardian:

This letter tells how your children can get free or reduced-price meals, as well as information on other benefits. 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	Adult	Breakfast	Lunch		Adult
					K-3	All Other Students	
K- 3 rd	\$1.00	\$2.25	\$1.75	\$0.00	\$0.00	\$0.00	\$3.00
4 th - 6th	\$1.00	\$2.25	\$1.75	\$0.00	\$0.00	\$.40	\$3.00
7 th – 12th	\$1.35	\$2.50	\$1.75	\$0.00	\$0.00	\$.40	\$3.00

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 Food Service at 425-702-3393.

WHO SHOULD FILL OUT AN APPLICATION?

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 your child's school or to the district office. Be sure to submit ONLY ONE application per household. We will notify you if the application is approved or denied.

Look at the chart. Find your household size. Find your total household income. If members in the household are paid at different frequencies and you are unsure if your household is eligible, fill out an application and we will determine your income eligibility. 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.

Foster children MAY be eligible for free and reduced-price meals regardless of your income. Each foster child needs their own application. If you have questions about applying for meal benefits for foster children, please contact us.

INCOME CHART Effective from July 1, 2009 to June 30, 2010					
Household Size	Annual	Monthly	Twice Per Month	Every Two Weeks	Weekly
1	\$20,036	\$1,670	\$ 835	\$ 771	\$ 386
2	26,955	2,247	1,124	1,037	519
3	33,874	2,823	1,412	1,303	652
4	40,793	3,400	1,700	1,569	785
5	47,712	3,976	1,988	1,836	918
6	54,631	4,553	2,277	2,102	1,051
7	61,550	5,130	2,565	2,368	1,184
8	68,469	5,706	2,853	2,634	1,317
For each Additional member add:	+6,919	+577	+289	+267	+134

HOUSEHOLD is defined as 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.

HOUSEHOLD INCOME is considered to be the income each household member received before taxes. This includes wages, social security, pension, unemployment, welfare, child support, alimony, and any other cash income.

WHAT MUST BE ON THE APPLICATION?

For a family getting Basic Food/TANF/FDPIR:

- Child's name
- Basic Food, TANF, or FDPIR case number
- Adult household member's signature

For a foster child:

- Child's name (one per application)
- Child's personal use income
- Adult's signature

For households not getting Basic Food/TANF/FDPIR:

- Child's name
- Names of all household members
- Income by source for all household members
- Adult household member's signature
- 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)

DEPARTMENT OF SOCIAL & HEALTH SERVICES MATCH

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.

BASIC FOOD – FIND OUT IF YOU QUALIFY

Basic Food is the state's food stamp program. It helps households make ends meet by providing monthly benefits to buy food. Getting Basic Food is easy! You can apply in person at the local DSHS Community Service Office, by mail, or online. You may qualify for Basic Food even if you do not qualify for Free or Reduced-Price lunch because Basic Food eligibility goes up to 200 percent of the Federal Poverty Level, whereas the National School Lunch Program stops at 185 percent. And, if you qualify for reduced-price lunch, you should apply for Basic Food because your children may be automatically eligible for free meals at school. There are other benefits too. You can learn about Basic Food by calling 1-877-514-FOOD or by logging on to http://www.foodhelp.wa.gov/basic_food.htm.

FREE OR LOW-COST HEALTH INSURANCE

If you would like free or low-cost health insurance for your children, call Apple Health for Kids to request an application: toll free 1-877- 543-7669. The health coverage may include doctor visits, prescriptions, hospital, dental care, eyeglasses and more. You may also find information or print an application at their website: <http://hrsa.dshs.wa.gov/applehealth/index.shtm>. Call or log-on today to receive more information.

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 Cynthia Lundvall at 425-702-3251, the fair hearing official. You have the right to a fair hearing which may be arranged by calling the Sara Tramp, the school district Free and Reduced Price Meal Official at this number 425-702-3261 or the Food Service Department at 425-702-3393 or Ken Lyon at 425-702-3316.

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.