

SCHOOL FOOD & NUTRITION SERVICES

Peg Panici, Director
(616) 847-7917

www.springlakeschools.org/food-service
Email: ppanici@springlakeschools.org

Welcome Back! Spring Lake Public Schools Food & Nutrition Services strives to provide nutritious well-balanced meals for your child and create a fun place to eat! Meeting your child's nutrition requirements is foremost on our minds. Watch our website for changes in the National School Lunch Program! We will be offering--

- A wider variety of fruits and vegetables, including dark green and orange vegetables, dry beans and peas, and fresh fruits
- More frequent use of whole grain products
- Low fat or fat free milk
- Locally grown produce

Children need healthy meals to learn.



Price Increase: The Spring Lake School Board approved a 10 cent increase in lunch prices in July. Lunch prices were raised to conform to new regulations from USDA. The additional revenues will be utilized to offer more fresh fruits and vegetables, and add more whole grain products. We were reluctant to request a price increase as we are aware that even a small increase can cause a hardship for some families but we hope that the increase will have an immediate positive impact by allowing us to provide even healthier meals so that all of our students can continue to realize the many positive educational benefits of good nutrition. *Breakfast prices were not increased.*

Menus: Monthly menus are available on the district's web site at www.springlakeschools.org/food-service. In an effort to support the district's energy and recycling plan, menus will not be printed and sent home with your student. Paper copies will be available in school offices or if you would like a paper copy sent to you, please contact the Food & Nutrition Services office at 616-847-7917.

Payment for Lunches: Parents may pay for lunches daily, weekly or monthly. Payments may be made in cash, or by check at each school building. Payments are accepted on line by credit card. If you do not have a P-Link account, please contact us and we can set you up. There is a \$2.00 fee for processing credit card payments.

BREAKFAST IS SERVED!

Spring Lake Schools is proud to provide your student the opportunity to eat breakfast at School! Studies have found that children who eat breakfast on a regular basis--

- Have a better attentiveness in class
- Have a higher academic performance
- Have fewer absence and tardiness

School breakfast provides children with one-fourth of the Recommended Dietary Allowances for protein, calcium, iron, Vitamin A & C and calories.

There are many great choices each day. Students can choose from a wide variety of homemade breakfast entrees served with fresh fruit, juice, and milk!

Start your day out a healthy way!

Breakfast

\$1.25 **\$1.25**

Elementary **Secondary**

SCHOOL MEALS

We serve education every day™

Lunch

\$2.10 **\$2.35**

Elementary **Grades 5-12**

Milk

\$.50

\$.40 (reduced students)

All complete meals include choice of milk

FREE AND REDUCED APPLICATIONS are online at www.springlakeschools.org/food-service/free-and-reduced-meals You will need a P-Link (Parent) account to access the application. If you do not have a P-Link account, please contact the Food Service office at 616-847-7917 or via email: lsurge@springlakeschools.org

To apply on-line, follow the steps listed below:

1. Access the SL web site at www.springlakeschools.org
2. Under Laker Links on the left, select Foodservice
3. Select P-Link
4. Click on P-Link to log in
5. Enter user name and password
6. Under Site Navigation, select School Meals Application
7. Follow the instructions. You will be notified of your status when your application has been processed.

Applications are also available in every school office.

Please return your completed application to any Spring Lake School building or mail to the Food & Nutrition office at Spring Lake High School, 16140 148th Avenue, Spring Lake, MI 49456. Completed applications returned before the start of school will be processed before school begins. Only one application per household is required. *Families must reapply each year.*

DIRECT CERTIFICATION Families pre-certified for free meals by the Department of Human Services will receive a notification letter in early August for free meals. If you receive the letter, you do not need to complete a paper application. **Please note that if one of your child(ren) receives this letter; all of your household should receive free meal benefits. Please contact our office immediately at 616-847-7917 if all of your children are not listed on the letter.**

Your children may qualify for free or reduced price meals if your household income falls within the limits on this chart.

Total Family Size	Annual	Monthly	Twice per Month	Every Two Weeks	Weekly
1	\$20,147	\$1,679	\$840	\$775	\$388
2	\$27,214	\$2,268	\$1,134	\$1,047	\$524
3	\$34,281	\$2,857	\$1,429	\$1,319	\$660
4	\$41,348	\$3,446	\$1,723	\$1,591	\$796
5	\$48,415	\$4,035	\$2,018	\$1,863	\$932
6	\$55,482	\$4,624	\$2,312	\$2,134	\$1,067
7	\$62,549	\$5,213	\$2,607	\$2,406	\$1,203
8	\$69,616	\$5,802	\$2,901	\$2,678	\$1,339

APPLICATION INSTRUCTIONS

IF YOUR ENTIRE HOUSEHOLD GETS FAP, FIP, OR FDPIR, FOLLOW THESE INSTRUCTIONS:

Part 1: Skip this part.

Part 2: List the name and case number for any household member (including adults) receiving FAP, FIP, or FDPIR.

Part 3: List child(ren)'s name, grade, and building.

Part 4: Skip this part.

Part 5: Sign and date the form. A Social Security Number is not necessary.

Part 6: Answer this question.

If you are applying for a homeless, migrant, or runaway child, check the appropriate category and contact your Homeless Liaison or Migrant Coordinator. Fill out application by following instructions for ALL OTHER HOUSEHOLDS.

IF YOU ARE APPLYING FOR ONLY FOSTER CHILD(REN), FOLLOW THESE INSTRUCTIONS:

Part 1: Skip this part.

Part 2: Skip this part.

Part 3: List the foster child(ren)'s name, circle *Yes* for foster child, and list grade and building.

Part 4: Skip this part.

Part 5: Sign and date the form. A Social Security Number is not necessary.

Part 6: Answer this question.

FOLLOW THESE INSTRUCTIONS FOR ALL OTHER HOUSEHOLDS: (Includes households with WIC, homeless, migrant, runaway, and households with both foster and non-foster children.)

Part 1: Complete if applicable.

Part 2: Skip this part.

Part 3: Follow these instructions to report ALL household members:

Column 1 - Names: List the first and last name of each person living in your household, related or not (such as grandparents, other relatives, or friends). You *must* include yourself and all children living with you. Be sure to include all children. Attach another sheet of paper, if needed.

Column 2 - Circle *Yes* if Foster Child: Circle *Yes* if applicable.

Column 3 - Grade: Fill in the grade for each child attending school.

Column 4 - Building Name: Fill in the building name for each child attending school.

Part 4: GROSS INCOME: Use this section to report all income in your household from the previous month:

Next to each person's first and last name, list each type of income received last month. *Next to the amount, circle how often the person got it (weekly, every 2 weeks, twice a month, or monthly).*

- o All persons must claim some income, or indicate that they receive no income. If a person, including any child listed in part 3, does not have any income, then \$0 *must* be circled in the column labeled "Circle if NO Income."
- o *Earnings from Work*: List the gross income each person earned from work. This is not the same as take-home pay. *Gross income is the amount earned before taxes and other deductions.* Net income should ONLY be reported for self-owned business, farm, or rental income.
- o *Welfare, Child Support, and Alimony*: List the amount each person received last month.
- o *Pensions, Retirement, and Social Security*: List the amount each person received last month.
- o *All Other Income*: *All Other Income* includes Worker's Compensation, unemployment, strike benefits, Supplemental Security Income (SSI), Department of Veterans Affairs (VA) benefits, disability benefits, regular contributions from people who do not live in your household, personal income from foster children, and *any other income*.

Part 5: An adult household member *must* sign and date the form, list the last four (4) digits of their *Social Security Number*, or check the box "I do not have a Social Security Number."

Part 6: Answer this question.

If you have questions about Free and Reduced eligibility, application, etc.

please visit FREE AND REDUCED FAQ

at www.springlakeschools.org/food-service