

Welcome Back



FNS

Food and Nutrition Services would like to welcome back all High School students to a new school year.

Food and Nutrition Service is a Federal Child Nutrition Program and must comply with federal regulations. **Federal Regulations state that all meals are to be paid in advance.**

Meal Prices: Everyone MUST have money in Account at all times to receive meals.

High School – \$ 2.25 lunch only

Extras: Money MUST be in Account to receive Extras.

Shakes - \$1.00

Fries - \$ 1.00

Entree- \$1.25

Water - \$1.00

10 oz. Juice - \$.75

Billing Information

Each student must deposit money in his/her account .

Make checks payable to your School Cafeteria with your child's name and lunch number on it.

Payments are accepted at the online website, www.myschoolbucks.com. Account can be set up by using your child's Birthday or Child's unique student number (this is not the POS number), which can be obtained from the Cafeteria Manager.

Free and Reduced Price Meals

Free and Reduced priced meal applications are included with the information packet that is sent home. An application **MUST be completed at the beginning of each school year, unless you receive a letter from FNS stating approved status. Or you may apply on line at www.applyforlunch.com**, cost of Reduced lunch is \$.40. Should you have any questions regarding Free or Reduced applications please call the Cafeteria Manager.

Note: Free and Reduced applications may be requested and completed any time during the school year, or can be done at www.applyforlunch.com.

Non-discrimination Statement: The U.S. Department of Agriculture (USDA) prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal and, where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or if all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.)

If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at http://www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at program.intake@usda.gov.

Individuals who are deaf, hard of hearing, or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339 or (800) 845-6136 (in Spanish). USDA is an equal opportunity provider and employer.

www.applyforlunch.com

Free and Reduced priced meal applications are included with the first billing letter. **An application MUST be completed at the beginning of each school year OR you may apply on line at www.applyforlunch.com.** Should you have any questions regarding Free or Reduced applications please call your cafeteria manager.

Note: Free and Reduced applications may be requested and completed any time during the school year.

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www.myschoolbucks.com

Lunch payments are accepted on line at www.myschoolbucks.com.

You will need your child's birthday or their ID number from your monthly bill (this is not the POS number). You may also contact your cafeteria manager
for that number.

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FNS

Diocese of Lafayette

**Multi-Child Application for Meal Benefits
2015 - 2016**

**Food & Nutrition Services
Diocese of Lafayette**

School Codes			
Notre Dame	014	Holy Family	007
St. Francis Elem.	028	Our Lady of Fatima	016
Our Mother of Peace	019	Sts. Peter and Paul	054
Rayne Catholic	020	St. Genevieve	029
Redemptorist Catholic	021	Sts. Leo-Seton	033
St. Michael	035	St. Thomas More High	046
Sacred Heart (V.P.)	022	St. Cecilia	024
Catholic High (N.I.)	041	Teurlings Catholic High	037
St. Edwards	027	Immaculate Heart of Mary	009
Carencro Catholic	002	St. Pius Elem.	052
Cathedral Carmel	003		
		St. Ignatius	030
		Opelousas Catholic	015
		St. Edmund	026
		St. Bernard	044
		St. John Elementary	031
		Hanson Memorial	006
		Mt. Carmel Elem.	012
		Maltrait	011
		St. Peter	036
		Vermilion Catholic	040

**Applications maybe completed online by going to
www.applyforlunch.com**

This is the quickest method to file, less errors and secure

OR

return this form to the School Cafeteria Manager or mail to:

Food & Nutrition Services, Diocese of Lafayette

210 Old Farm Lane, Broussard LA 70518

If you have any questions contact Elizabeth Living, at 337-837-5921 ext. 207

Privacy Act Statement and Non-Discrimination Statement located on back of Application.

More information may be read at the following website:

http://www.ascr.usda.gov/complaint_filing_cust.html

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

FEDERAL ELIGIBILITY INCOME CHART FOR SCHOOL YEAR 2015 - 2016			
Household Size	Yearly	Monthly	Weekly
1	\$21,775	\$1,815	\$419
2	\$29,471	\$2,456	\$567
3	\$37,167	\$3,098	\$715
4	\$44,863	\$3,739	\$863
5	\$52,559	\$4,380	\$1,011
6	\$60,255	\$5,022	\$1,159
7	\$67,951	\$5,663	\$1,307
8	\$75,647	\$6,304	\$1,455
Each additional person:	+ \$7,696	+ \$642	+ \$148

Letter to Household

Dear Parent/Guardian:

Children need healthy meals to learn. Healthy meals are offered every school day. Breakfast costs \$1.25; lunch costs \$2.10 (elementary) and \$2.25 (high school). Your children may qualify for free meals or for reduced price meals. Reduced price is \$.30 for breakfast and \$.40 for lunch.

1. **DO I NEED TO FILL OUT AN APPLICATION FOR EACH CHILD?** No. Complete the application to apply for free or reduced price meals. *Use one 2015-2016 Multi-child Free and Reduced Price 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. Return the completed application to the school's cafeteria manager.
2. **WHO CAN GET FREE OR REDUCED PRICE MEALS?** All children in households receiving benefits from **SNAP** (Supplemental Nutrition Assistance Program), **FDPIR** (the Food Distribution Program on Indian Reservations), or State **TANF** (Temporary Assistance for Needy Families) are eligible for free meals. Also, your children can get free meals if your household's gross income is within the free or reduced limits on the Federal Income Eligibility Guidelines.
3. **CAN FOSTER CHILDREN GET FREE MEALS?** Yes, foster children that are under the legal responsibility of a foster care agency or court, are eligible for free meals. Any foster child in the household is eligible for free meals regardless of income.
4. **CAN HOMELESS, RUNAWAY, AND MIGRANT CHILDREN GET FREE MEALS?** Yes, children who meet the definition of homeless, runaway, or migrant qualify for free meals. If you haven't been told your children will get free meals, please call : Diocese of Lafayette, Homeless Liaison or Migrant Coordinator @ 337-261-5535 to see if they qualify.
5. **WHO CAN GET REDUCED PRICE MEALS?** Your children can get low cost meals if your household income is within the reduced price limits on the Federal Eligibility Income Chart, shown on this application.
6. **SHOULD I FILL OUT AN APPLICATION IF I RECEIVED A LETTER THIS SCHOOL YEAR SAYING MY CHILDREN ARE APPROVED FOR FREE MEALS?** No, but please read the letter you got carefully and follow the instructions. Call the Elizabeth Living, 337-837-5921 ext 207, if you have questions.
7. **MY CHILD'S APPLICATION WAS APPROVED LAST YEAR. DO I NEED TO FILL OUT ANOTHER ONE?** Yes. Your child's application is only good for that school year and for the first few days of this school year. You must send in a new application unless the school told you that your child is eligible for the new school year.
8. **I GET WIC. CAN MY CHILD(REN) GET FREE MEALS?** Children in households participating in WIC may be eligible for free or reduced price meals. Please send in an application.
9. **WILL THE INFORMATION I GIVE BE CHECKED?** Yes and we may also ask you to send written proof of the household's income reported.
10. **IF I DON'T QUALIFY NOW, MAY I APPLY LATER?** Yes, you may apply at any time during the school year. For example, children with a parent or guardian who becomes unemployed may become eligible for free and reduced price meals if the household income drops below the income limit.
11. **WHAT IF I DISAGREE WITH THE DECISION ABOUT MY APPLICATION?** You should call Elizabeth Living @ 337-837-5921 ext 207. You also may ask for a hearing by calling or writing to: Angela Broussard, Director Food & Nutrition Services, Diocese of Lafayette, 210 Old Farm Lane, Broussard LA 70518, Ph# 337-837-5921 ext 200.
12. **MAY I APPLY IF SOMEONE IN MY HOUSEHOLD IS NOT A U.S. CITIZEN?** Yes. You or your child(ren), or other household members do not have to be U.S. citizens to qualify for free or reduced price meals.
13. **WHO SHOULD I INCLUDE AS MEMBERS OF MY HOUSEHOLD?** You must include all people living in your household, related or not (such as grandparents, other relatives, or friends) who share income and expenses. You must include yourself and all children living with you. If you live with other people who are economically independent (for example, people who you do not support, who do not share income with you or your children, and who pay a pro-rated share of expenses), do not include them. If there isn't enough space on application for your entire household, list additional members on a separate paper, and attach to your application.
14. **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.
15. **WE ARE IN THE MILITARY. DO WE INCLUDE 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, or receive family subsistence supplemental allowance payments, 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 excluded from income.
16. **MY FAMILY NEEDS MORE HELP. ARE THERE OTHER PROGRAMS WE MIGHT APPLY FOR?** To find out how to apply for **SNAP** or other assistance benefits, contact your local assistance office or call **1-888-LAHELPU (1-888-524-3578)**.

If you have other questions or need help, call: Elizabeth Living, 337-837-5921 ext 207

Si necesita ayuda, por favor llame al teléfono: Elizabeth Living, 337-837-5921 ext 207

Si vous voudriez d'aide, contactez nous au numero : Elizabeth Living, 337-837-5921 ext 207

APPLICATION INSTRUCTIONS, PRIVACY ACT STATEMENT, AND NON-DISCRIMINATION STATEMENT ON BACK OF APPLICATION.

APPLICATION MAY ALSO BE COMPLETED ONLINE AT WWW.APPLYFORLUNCH.COM

Instructions for Applying (You may apply online at: www.applyforlunch.com)
USE BLACK INK ONLY, PRINT NEATLY – PLEASE INCLUDE A CURRENT
ADDRESS AND PHONE NUMBER

- **Part 1:** List all child (ren) attending Diocese of Lafayette Schools. Enter each child's legal name, birth date, grade, and school code (see front cover). Check appropriate box if a foster child, or homeless/migrant or runaway and list the child's monthly personal income, if none check no income. , then skip to Part 5 and if homeless/migrant or runaway, call the Diocese of Lafayette, Migration / Refugee Office at 337-261-5535
- **Part 2:** If any member of your household receives benefits from Supplement Nutrition Assistance Program (SNAP), formerly Food Stamp Program, FDPIR, or State TANF Cash Assistance, enter case number of person receiving the benefits. Skip to Part 4: complete and sign. Please enter street address (town or city not needed), zip code and phone number, to correctly identify your child, and to contact you if additional information is needed to process this application. Application cannot be approved without adult household Social Security Number (last 4 digits) and Signature.
- **Part 3:** List all adults and children not attending Diocese of Lafayette Schools, and are in your household. Include income (before deductions) from work, welfare, child support, alimony, pensions, retirement, social security, supplemental security income (SSI), Veteran's benefits, and disability benefits and/or any other income. ***If any income field is left blank it is a positive indication of no income and certifies that there is no income to report.*** Please indicate how often these payments are received by filling the appropriate circle. Indicate the total number of household members. *Note: A household member is any child or adult living with you.*
- **Part 4:** Please write TOTAL number of household members and last four (4) digits of Social Security number. Application cannot be processed without adult household Social Security Number (last four digits only).
- **Part 5:** Please enter street address (town or city not needed), zip code and daytime phone number, to correctly identify your child, and to contact you if additional information is needed to process this application. Print your name and sign. Application cannot be processed without a signature.
- **Part 6:** Children's ethnic / race identities; please check appropriate box. This is optional and will not influence the outcome of meal benefits.
- **Part 7:** LaChip – Read and sign if you **DO NOT** want information on Free and Reduce Application to be shared with LaChip.

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, 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 adult household member who signs the application. The last four digits of 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.

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USDA is an equal opportunity provider and employer.

It's a fact that kids with
health insurance live healthier lives.

Give Your Children

HEALTH COVERAGE

at **NO COST** or **LOW COST** to You.



Louisiana Children's Health Insurance Program



NO enrollment fees!
NO co-payments! **NO** deductibles!

DO YOU QUALIFY? LaCHIP uses the income amounts below to see if a child qualifies for low-cost or no-cost LaCHIP coverage.

INCOME LIMITS		
Number of Family Members	Monthly Income (No Cost)	Monthly Income (Low Cost)
1	\$2,129	\$2,502
2	\$2,881	\$3,386
3	\$3,633	\$4,270
4	\$4,386	\$5,154
5	\$5,138	\$6,038
6	\$5,890	\$6,922
7	\$6,643	\$7,806
8	\$7,395	\$8,690

*Low Cost option allows a greater income limit at a \$50 premium.
All of your family income may not be counted.*

The LaCHIP program covers:

- Medical services for children, including health, dental, and vision coverage
- Doctor's appointments, including well child visits and hospital stay
- Prescriptions and immunizations
- Mental health services
- And many other services

Visit our website to apply online:

www.lachip.org

or call our toll-free hotline for more information:

1-888-342-6207

Can students purchase extra items?

In accordance with the State Policy, a student (or adult) can purchase an "extra item" along with a complete meal. Several schools within the Diocesan system has chosen to offer "extra sale items". An elementary school student (or adult) can purchase an "extra item" such as a juice, milk or water along with a complete meal. A high school student (or adult) can purchase any "extra sale" item (i.e. milk, juice, milk shake, entree, side item) along with the complete meal. Only milk, juice or water can be purchased without a complete meal.

Are snacks such as candy and carbonated beverages available in the school lunch programs?

State and federal regulations prohibit the sale of these items during the school day at elementary schools. In other words any drink or snack sold on an elementary school must be a healthy snack or drink as outlined in the Wellness policy. While on the high school campus at least half of the selections must be considered as healthy. None of these items can be sold until after the last child has been served lunch.

How much does it cost to prepare a student's lunch?

The average cost of a school lunch is approximately \$3.50, including the value of donated commodities in the meal.

How can lunch be sold to students for a price much lower than the cost?

The school receives federal and state funds for every student meal it serves. This reimbursement makes up the

difference between what the lunch costs to produce and what the student pays.

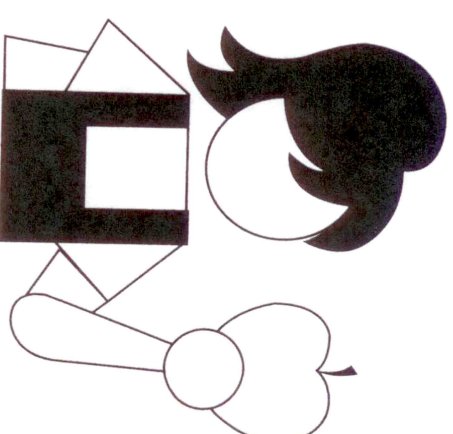
Do schools get commodities from the U.S. Department of Agriculture (USDA)?

Yes. Commodities are allocated to or ordered by FNS, depending on their availability and number of students served. Commodities range from meat items, such as ground beef, chicken and cheese, to grain products, including flours, rice and cornmeal. The only costs incurred by schools are for storage and distribution.

Contact Information:

Angela A. Broussard, MA, LDN, RD
Director Food & Nutrition Services
210 Old Farm Lane
Broussard, LA 70518
(337) 837-5921
abroussard@fns-dol.org

Discrimination Statement: In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.



Tell Me

About

School Lunch

Food and Nutrition Services

Diocese of Lafayette

(337) 837-5921

The goal of the Food and Nutrition Services of the Diocese of Lafayette is to provide top quality, nutritious meals to children in a Christian environment.

These meals are provided by State Department Certified Managers and their staff.

The cafeteria environment should provide a pleasant, learning experience that will improve children's food habits.

What is Food & Nutrition Services trying to accomplish? To provide high quality, nutritious meals to all students and to serve meals free or at reduced price to eligible students. Free/Reduced Meal applications are sent home at the beginning of the school year and upon parent's request.

Who is in charge of the program at my child's school? There is a trained manager overseeing each school, who is certified by the State Department of Education. This manager works with the principal to ensure that the program meets the needs of the students. The manager and her staff attend food safety training, HACCP training and safe environment training. The Director of FNS is a registered dietitian and certified by the State Department of Education as a Child Nutrition Program Supervisor.

A Guide to Daily Food Choices:

USDA's Dietary Guidelines recommends choosing food from each of the five food groups of the pyramid to make sure we get all the nutrients needed for health. School Lunch provides 1/3 of the Recommended Daily Allowances (RDAs).

Who Plans the School Menus? Centralized menus are planned for all 32 school cafeterias within the eight civil parishes of the Diocese. These menus are planned by the FNS registered dietitian with input and suggestions from the school managers. To encourage students to eat nutritious meals, student preferences are considered in menu planning. Approximately 14,000 meals are served daily.

Are the menus healthy? Our menus for elementary students and at least one of the menu choices for high schools are planned in accordance with the Dietary Guidelines for Americans. These guidelines recommend an increase in complex carbohydrates such as more fruit, vegetables and grains; a diet low in fat, saturated fat and cholesterol, moderation in sugars and salt.

Our menus include an entree, fresh fruit or vegetable, a whole grain bread or starch, and a choice of unflavored low fat & fat free milk or fat free chocolate and strawberry milk. We avoid serving many processed foods high in fat and sodium.



What if my child is on a special diet? We can prepare special diet at no additional charge, for those students who must have dietary modifications. A form, which can be obtained from your school's cafeteria manager, must be completed by your physician.

Why should my child buy lunch rather than bringing it from home? It is a Diocesan Policy that all elementary students participate in the School Nutrition Program. The School Nutrition Program in addition to providing nutritious meals to each student, functions as a nutrition laboratory where children learn to make healthy food choices. Also, the subsidized school lunch is less expensive than lunch of equal nutritional value prepared and packaged at home. Additionally, the more meals served system-wide, the lower the

meal cost to each student.

Are there other advantages to my participating in the school lunch program?

Students learn good nutrition habits that provide a basis for better health throughout their lives. School lunches contain a variety of foods and offer students exposure to new foods. The better nourished student will generally give better attendance, be more attentive and have more energy to cope with school day opportunities.

How do we pay for meals? Parents of elementary students are expected to pay for a month's meals in advance. High school students are expected to prepay into their account. Federal regulations do not allow us to serve meals without payments. Checks should be made payable to your school's nutrition program or an on-line account can be established at www.schoolpaymentsolutions.com where payments could also be made. The student's ID number would be needed which is on their monthly billing statements. Families who need financial assistance in paying for their children's meals can apply any time during the year for free or reduced price meals by completing the form available at the school or at www.applyforlunch.com where the information can be submitted on line.

