



Dear Parent/Guardian:

Children need healthy meals to learn. Appleton Area School District offers healthy meals every school day. Breakfast costs \$1.00 and \$1.10; lunch costs \$2.30 at the Elementary Schools and \$2.50 lunch at the Middle and High Schools. 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 A FREE AND REDUCED MEALS APPLICATION FOR EACH CHILD? No. Complete the application to apply for free or reduced price meals. Use one *Free and Reduced Price School Meals Application* for all students in your household. You can pick up an application at your child's school, or at the Aramark Foodservice Office or online at [www.mealsense.org/aasd](http://www.mealsense.org/aasd). We cannot approve an application that is not complete, so be sure to fill out all required information. Return the completed application to: ATTN: Foodservice Office, P.O. Box 2019, Appleton, WI 54912-2019, or your child(ren's) school.
2. WHO CAN GET FREE MEALS? All children in households receiving benefits from FoodShare, the Food Distribution Program on Indian Reservations (FDPIR) or W-2 Cash Benefits, can get free meals regardless of your income. Also, your children can get free meals if your household's gross income is within the free 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 the Foodservice office 920-832-1719 or the District homeless Liaison 920-997-1399x3006 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 Income Eligibility Guidelines, 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? Please read the letter carefully and follow the instructions. Call the Foodservice office at 920-832-1719 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 fill out an application.
9. 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.
10. MAY I APPLY IF SOMEONE IN MY HOUSEHOLD IS NOT A U.S. CITIZEN? Yes. You or your child(ren) do not have to be U.S. citizens to qualify for free or reduced price meals.
11. MY FAMILY NEEDS MORE HELP. ARE THERE OTHER PROGRAMS WE MIGHT APPLY FOR? To find out how to apply for FoodShare or other assistance benefits, contact your local assistance office or call 1-800-362-3002.

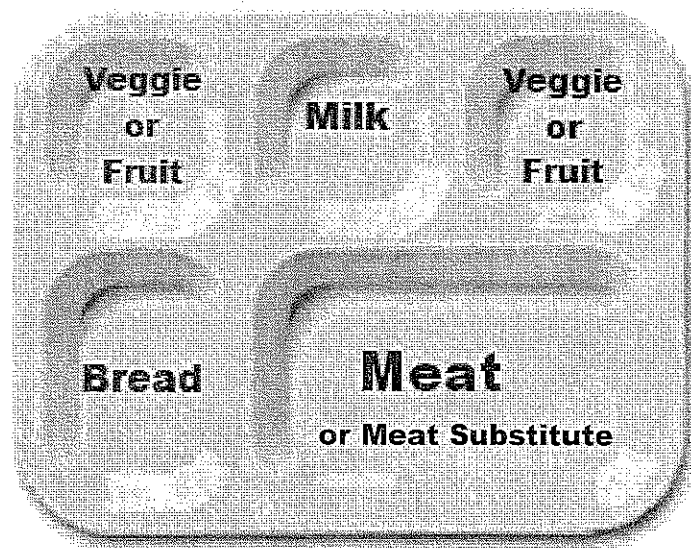
If you have other questions or need help, call 920-832-1719.

Sincerely Aramark Foodservice

Flip over for more information



# What makes a "MEAL"?



Your "Tray" Must Have 3 of 5 components in order to be a complete meal.

**A complete daily school lunch meal includes the choice of an entrée:**

**Choose 1**

Main Course entrée selections (varies daily)  
Pizza (offered at High Schools)  
Deli Sandwiches (offered at High Schools)  
Pasta items (offered at High Schools)  
Entrée Salads (offered at High Schools)

**Then choose up to 3 sides:**

- ➡ Milk
- ➡ Veggie
- ➡ Fruit

**A complete daily school breakfast meal includes a choice of breakfast entrée:**

**Choose 1**

Cereal  
Reduced Fat Muffins  
Yogurt  
Hot Breakfast entrée (varies daily)

**Then choose up to 2 sides:**

- ➡ Milk Choice
- ➡ Fresh Fruit / Canned Fruit or 100% Juice Cup