

## East Longmeadow Public Schools Public Release Statement

East Longmeadow Public Schools operates under the National School Lunch Program. Each of our five schools follows all of the USDA nutritional guidelines. Children need these healthy meal options in order to learn. East Longmeadow School Food Service offers healthy meals every school day. Your children may qualify for free or reduced priced meals.

Who can get free or reduced price meals? (1) All children in households receiving benefits from MA SNAP or MA TANF are eligible for free meals. (2) Foster children that are under the legal responsibility of a foster care agency or court are eligible for free meals. (3) Children participating in their school's Head Start Program are eligible for free meals. (4) Children who meet the definition of homeless, runaway, or migrant are eligible for free meals. If your child/ren meets the criteria listed and it is known to ELPS; you will be notified of your eligibility and will not need to fill out an application. If you receive our notification of qualifying for free meals and another household member is not listed, please contact Lori Pahl at (413)525-5450 ext. 7980 or [lori.pahl@eastlongmeadowma.gov](mailto:lori.pahl@eastlongmeadowma.gov) to have benefits extended to that child.

Children may also qualify to receive free meals or reduced price meals if your household's income is within the limits on the Federal Eligibility Income Chart (listed below) for school year 2019-2020. All participants will be offered the same meal choices regardless of income status. Applications for free or reduced priced meals will be sent home with every student on the first day of school. You can apply for benefits at any time during the year. Applications can also be found on our website at <http://www.eastlongmeadowma.gov/642/ELPS-School-Lunch>, by requesting one from any of our school offices, or by contacting Food Services directly at either (413)525-5450 ext. 7980 or [lori.pahl@eastlongmeadowma.gov](mailto:lori.pahl@eastlongmeadowma.gov).

FY '20 HOUSEHOLD SIZE	Free Meals					Reduced Price Meals				
	YEAR	MONTH	Twice per Month	Every Two Weeks	WEEK	YEAR	MONTH	Twice per Month	Every Two Weeks	WEEK
1	\$16,237	\$1,354	\$677	\$625	\$313	\$23,107	\$1,926	\$963	\$889	\$445
2	21,983	1,832	916	846	423	31,284	2,607	1,304	1,204	602
3	27,729	2,311	1,156	1,067	534	39,461	3,289	1,645	1,518	759
4	33,475	2,790	1,395	1,288	644	47,638	3,970	1,985	1,833	917
5	39,221	3,269	1,635	1,509	755	55,815	4,652	2,326	2,147	1,074
6	44,967	3,748	1,874	1,730	865	63,992	5,333	2,667	2,462	1,231
7	50,713	4,227	2,114	1,951	976	72,169	6,015	3,008	2,776	1,388
8	56,459	4,705	2,353	2,172	1,086	80,346	6,696	3,348	3,091	1,546
Each additional family member, add	+5,746	+479	+240	+221	+111	+8,177	+682	+341	+315	+158

No student will be denied a meal. For information regarding our East Longmeadow Food Services Meal Charging Policy please visit <http://www.eastlongmeadowma.gov/DocumentCenter/View/4899>.

2019-2020 Meal Pricing: East Longmeadow High School and Birchland Park Middle School = \$3.00/lunch  
Mapleshade/Mountain View/Meadow Brook – Elementary = \$2.50/lunch  
Reduced Price Meals district wide = \$.40/lunch  
Ala carte milk district wide = \$.40/carton  
Mapleshade Elementary School ONLY Breakfast pricing = \$1.25; Reduced = \$.30; and, Free for those who have been determined as free lunch eligible.

Sincerely,

Lori Pahl, Food Service Director

**Non-Discrimination Statement:** This explains what to do if you believe you have been treated unfairly.

"In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

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To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

This institution is an equal opportunity provider."