

September 2016

Dear Parent or Guardian:

Parents, families, schools and communities are working together toward a common goal: to educate students and prepare them for successful futures. Making sure students are fit, healthy and ready to learn is paramount to reaching that goal. Students need healthy meals to learn and grow. Southgate Food Service offers nutritious meals, to include breakfast and lunch, at every school. We offer fresh fruits, a wide variety of vegetables, lean protein items, low-fat and non-fat milk choices and whole grain products at all grade levels.

A complete lunch that meets the federally established guidelines may be purchased for \$2.60 (elementary), \$2.90 (middle) and \$3.20 (high). Breakfast is also available prior to the start of each school day and may be purchased for \$1.45 (elementary) and \$1.70 (middle and high schools).

Your student(s) may qualify for free/reduced meal prices. Reduced priced lunches are \$.40 at all buildings and reduced priced breakfasts are \$.30. You can obtain a form for meal benefits from each school's office or fill one out on the web at

<https://foodservice.resa.net/southgate/onlineapps/Welcome.aspx>

Properly completed applications take up to 10 business days to process. Until then **you are responsible for payment of all meals prior to approval**. Meals benefits are not retroactive. You will be notified by mail as to whether you qualify for meal benefits or if you have been denied. Eligibility from the previous school year will remain in effect for 30 operating days during the beginning of the 2016-17 school year. At the end of those 30 days, if you have not reapplied for meal benefits for the 2016-17 school year, you will be responsible for full payment for meals until a new form is submitted to the Food Service Department and processed.

**Free/reduced meal benefits do not cover a la carte items.** These items may be purchased at an additional cost. Examples of a la carte items are: more than one entrée, any meal that does not meet government requirements for a complete meal, any other beverage other than 8 ounce milk or 4 ounce 100% fruit juice and various snack items. Only one meal per meal period is allowed with meal benefits. Additional meals may be purchased at full price. Only one Free & Reduced Price Application is needed to be completed per household.

If a doctor has determined that your child has a food allergy or disability that would prevent him/her from eating a regular school meal, a medical statement form can be obtained to make meal substitutions. The form is available on the web at [www.southgateschools.com](http://www.southgateschools.com) or from the Food Service Office. The form must be completed by a licensed doctor and is the responsibility of the parent making the request to submit a properly filled out form to the Food Service Department. The medical statement must include: an identification of the medical or other special dietary condition which restricts the child's diet, the food(s) to be omitted from the child's diet and the food or choice of foods to be substituted.

We look forward to serving your children and wish them success in the 2016-17 school year!

Southgate Food Service Department