

## **CSD Lunch Program—Fall 2009**

We are happy to announce our new lunch program for the fall! There are several changes based on your feedback. To add more variety, we will be changing lunch choices approximately every two months. We have added bigger meals for our growing kids and some ala carte items, too. Due to the Labor Day holiday, lunch will start Tuesday, Sept 8<sup>th</sup> and run through January 12<sup>th</sup>. We are collecting the lunch money for the entire fall program now in order to make the accounting much easier. If advance payment is a financial hardship for your family, please contact administration to make other arrangements. A Free Lunch Form is attached if needed.

### **Matt's Chicago Dogs—Mondays (Session 1—Sept 8-Nov 3)**

**Sloppy Joe Meal**-Matt's Grandma's famous recipe! If you haven't ever had a sloppy joe, it's loose ground hamburger in a mild homemade barbeque sauce served on a soft bun. Choice of 1 or 2 sloppy joe meal options available.

**Shells & Cheese Meal**-new & improved this year!

**Meatball Sub Meal**—three tender meatballs topped with a slice of provolone cheese and bit of marinara sauce on a bakery fresh sub roll.

**Cucumber Wrap Meal**—fresh cucumber, lettuce & tomato with a cream cheese spread drizzled with ranch in a spinach wrap.

\*\*Each meal includes chips (baked or sunchips) and fruit/vegetable side (carrots, applesauce, side salad or fresh fruit). Sides will alternate weekly, this is not a choice.

### **Sonic Drive-In—Tuesdays (Session 1—Sept 8-Nov 3)**

**Chicken Strips**—3 or 6 strip meal options available.

**Jr. Cheeseburger**— comes plain, condiment packets provided, choice of 1 or 2 cheeseburger meal options available.

**Grilled Cheese Sandwich**—1 or 2 grilled cheese sandwich meals available.

**Jr. Breakfast Burrito**—egg & cheese. 1 or 2 burrito meal options available.

**Grilled Chicken Sandwich**--100% all white meat chicken breast topped with fresh lettuce and tomatoes served on a whole grain wheat bun (10 grams of whole grain.)

\*\*Each meal includes side of chips (baked or sunchips) and apple slices.

### **Chick-fil-A—Mondays (Session 2—Nov 9-Jan 12)**

**Chicken Nuggets**—6 or 12 nugget options with fresh fruit cup.

**Chick-fil-A Sandwich**—served on a Golden Wheat Bun (no pickle) with fresh fruit cup or purchase just the sandwich ala carte.

**Chicken Caesar Cool Wrap**—grilled chicken with Romaine lettuce and parmesan cheese in a multigrain flat bread, served with a fruit cup (ranch and assorted dressings provided).

**Chargrilled Chicken Garden Salad**—served with fruit cup (ranch and assorted dressing provided).

**Chips**—if you're still hungry, add a bag of baked chips to your lunch!

### **Carrabba's Italian Grill—Tuesdays (Session 2--Nov 9-Jan 12)**

**Carrabba Caesar Salad with Grilled Chicken Meal**-Fresh cut romaine hearts with homemade Caesar dressing and croutons, topped with shredded Parmesan cheese and served with wood-fire grilled chicken.

**Manicotti and Steamed Broccoli Meal**-Four cheeses rolled in pasta sheets, baked in homemade Pomodoro (sweet tomato) sauce, topped with sliced mozzarella and served with a side of steamed broccoli.

**Grilled Chicken with Cavatappi Butter Meal**-Fresh wood-fired grilled chicken served with spiral macaroni pasta lightly tossed in butter.

**Cavatappi Pomodoro with Meatball Meal**-A spiral macaroni pasta tossed in homemade Pomodoro (sweet tomato) sauce and topped with a hand rolled meatball.

\*\*Each meal served with an alternating side of bread, carrots or fresh fruit.

\*\*A cup of minestrone soup or side Caesar salad can be purchased separately ala carte.

**PLEASE COMPLETE LUNCH ORDER FORM AND RETURN WITH PAYMENT BY FRIDAY, SEPT 4.**

Any questions, email me at [nellington@csdnc.org](mailto:nellington@csdnc.org). Your lunch lady---Nancy

**CSD Lunch Program--Fall 2009**

**(Due Friday, Sept. 4)**

Student Name	
Teacher	
Grade	

**Session 1 choices (Sept 8-Nov 3)**

Check Choice	Matt's--Session 1 (Mondays)	Cost	Amount Due
	Sloppy Joe Meal (1 sandwich)	30.00	
	Sloppy Joe Meal (2 sandwiches)	44.00	
	Shells & Cheese Meal	30.00	
	Meatball Sub Meal	32.00	
	Cucumber Wrap Meal	32.00	

Check Choice	Sonic--Session 1 (Tuesdays)	Cost	Amount Due
	Chicken Strip Meal (3 strips)	30.00	
	Chicken Strips Meal (6 strips)	37.00	
	Jr. Cheeseburger Meal (1 burger)	30.00	
	Jr. Cheeseburger Meal (2 burgers)	37.00	
	Grilled Cheese Sandwich Meal (1 sand.)	30.00	
	Grilled Cheese Sandwich Meal (2 sand.)	37.00	
	Jr. Breakfast Burrito Meal (1 burrito)	30.00	
	Jr. Breakfast Burrito Meal (2 burritos)	37.00	
	Grilled Chicken Sandwich Meal	37.00	

**Session 2 choices (Nov 9-Jan 12)**

Check Choice	Chick-fil--Session 2 (Mondays)	Cost	Amount Due
	Nuggets (6) w/fruit cup	30.00	
	Nuggets (12) w/fruit cup	44.00	
	CFA Sandwich w/fruit cup	35.00	
	Chicken Caesar Wrap w/fruit cup	44.00	
	Chicken Garden Salad w/fruit cup	44.00	
	AlaCarte CFA Sandwich	24.00	
	AlaCarte Baked Chips	8.00	

Check Choice	Carrabbas---Session 2 (Tuesdays)	Cost	Amount Due
	Chicken Caesar Salad Meal	37.00	
	Manicotti & Broccoli Meal	37.00	
	Grilled Chicken & Cavatappi Meal	37.00	
	Cavatappi Pomodoro w/meatball Meal	37.00	
	AlaCarte Caesar Side Salad	18.00	
	AlaCarte Minestrone Cup	18.00	

**\*\*\*\*\*Please make checks payable to CSD\*\*\*\*\***

Please fill out one form per student but you may write one check

Check #	TOTAL DUE

**Children's Community School**  
**565 Griffith Street**  
**Davidson, NC 28036**  
**Phone: 704-896-6262**  
**Fax: 704-896-2025**

Dear Parent/Guardian:

*Children need healthy meals to learn. Children's Community School offers healthy meals on Monday and Tuesday. Your children may qualify for free meals or for reduced price meals.*

**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 Free and Reduced Price School Meals 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: Joy Warner, Children's Community School, 565 Griffith Street, Davidson, NC 28036.**

**2. Who can get free meals?** Children in households getting Food Stamps or TANF and most foster children can get free meals regardless of your income. Also, your children can get free price meals if your household income is within the free limits on the Federal Income Guidelines.

**3. Can homeless, runaway and migrant children get free meals?** Please call **Joy Warner 704-896-6262** to see if your child(ren) qualify, if you have not been informed that they will get free meals.

**4. 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 Chart.

**5. Should I fill out an application if I got a letter this school year saying my children are approved for free or reduced price meals?** Please read the letter you got carefully and follow the instructions. Call the school at **704-896-6262** if you have questions.

**6. 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.

**7. Will the information I give be checked?** Yes, we may ask you to send written proof.

**8. If I don't qualify now, may I apply later?** Yes. You may apply at any time during the school year if your household size goes up, income goes down, or if you start getting Food Stamps, TANF or other benefits. If you lose your job, your children may be able to get free or reduced price meals.

**9. What if I disagree with the school's decision about my application?** You should talk to school officials. You also may ask for a hearing by calling or writing to: **Joy Warner, Children's Community School, 565 Griffith Street, Davidson, NC 28036.**

**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 a U.S. citizen to qualify for free or reduced price meals.

**11. 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). You must include yourself and all children who live with you.

**12. What if my income is not always the same?** List the amount that you normally get. For example, if you normally get \$1000 each month, but you missed some work last month and only got \$900, put down that you get \$1000 per month. If you normally get overtime, include it, but not if you get it only sometimes.

**13. We are in the military, do we include our housing allowance as income?** If your housing is part of the Military Housing Privatization Initiative, do not include your housing allowance as income. All other allowances must be included in your gross income.

If you have other questions or need help, call **704-896-6262**.

Sincerely,  
**Joy Warner**

## FREE AND REDUCED PRICE SCHOOL MEALS FAMILY APPLICATION

### Part 1. Children in School (Use a separate application for each foster child)

Names of all children in school (First, Middle Initial, Last)	School Name	Grade	Food Stamp or TANF case # (if any). Skip to Part 5 if you list a Food Stamp or TANF case #

**Part 2. If the child you are applying for is homeless, migrant, or a runaway check the appropriate box and call [your school, homeless liaison, migrant coordinator at phone #]** Homeless  Migrant  Runaway

### Part 3. Foster Child

If this application is for a child who is the legal responsibility of a welfare agency or court, check this box  and then list the amount of the child's personal use monthly income: \$ \_\_\_\_\_. Skip to Part 5.

### Part 4. Total Household Gross Income—You must tell us how much and how often

1. Name List everyone in household  (Example) Jane Smith	2. Gross income and how often it was received Example: \$100/monthly \$100/twice a month \$100/every other week \$100/weekly				3. Check if NO income
	Earnings from work before deductions	Welfare, child support, alimony	Pensions, retirement, Social Security	All Other Income	
	\$200/weekly	\$150/weekly	\$100/monthly	\$ ____/____	<input type="checkbox"/>
	\$ ____/____	\$ ____/____	\$ ____/____	\$ ____/____	<input type="checkbox"/>
	\$ ____/____	\$ ____/____	\$ ____/____	\$ ____/____	<input type="checkbox"/>
	\$ ____/____	\$ ____/____	\$ ____/____	\$ ____/____	<input type="checkbox"/>
	\$ ____/____	\$ ____/____	\$ ____/____	\$ ____/____	<input type="checkbox"/>
	\$ ____/____	\$ ____/____	\$ ____/____	\$ ____/____	<input type="checkbox"/>
	\$ ____/____	\$ ____/____	\$ ____/____	\$ ____/____	<input type="checkbox"/>
	\$ ____/____	\$ ____/____	\$ ____/____	\$ ____/____	<input type="checkbox"/>

### Part 5. Signature and Social Security Number (Adult must sign)

An adult household member must sign the application. If Part 4 is completed, the adult signing the form must also list his or her Social Security Number or mark the "I do not have a Social Security Number" box. (See Privacy Act Statement on the back of this page.)

*I certify (promise) that all information on this application is true and that all income is reported. I understand that the school will get Federal funds based on the information I give. I understand that school officials may verify (check) the information. I understand that if I purposely give false information, my children may lose meal benefits, and I may be prosecuted.*

Sign here: X \_\_\_\_\_ Print name: \_\_\_\_\_ Date: \_\_\_\_\_  
 Address: \_\_\_\_\_ Phone Number: \_\_\_\_\_  
 Social Security Number: \_\_\_\_\_  I do not have a Social Security Number

### Part 6. Children's racial and ethnic identities (optional)

Mark one or more racial identities: Mark one ethnic identity:  
 Asian  American Indian or Alaska Native  Hispanic or Latino  
 White  Native Hawaiian or Other Pacific Islander  Not Hispanic or Latino  
 Black or African American  Other

### Don't fill out this part. This is for school use only.

Annual Income Conversion: Weekly x 52, Every 2 Weeks x 26, Twice A Month x 24 Monthly x 12  
 Total Income: \_\_\_\_\_ Per:  Week,  Every 2 Weeks,  Twice A Month,  Month,  Year Household size: \_\_\_\_\_  
 Categorical Eligibility: \_\_\_\_\_ Date Withdrawn: \_\_\_\_\_ Eligibility: Free \_\_\_\_\_ Reduced \_\_\_\_\_ Denied \_\_\_\_\_ Reason: \_\_\_\_\_  
 Temporary: Free \_\_\_\_\_ Reduced \_\_\_\_\_ Time Period: \_\_\_\_\_ (expires after \_\_\_\_\_ days)  
 Determining Official's Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
 Confirming Official's Signature: \_\_\_\_\_ Date: \_\_\_\_\_ Follow-up Official's Signature: \_\_\_\_\_ Date: \_\_\_\_\_