

Dear Parents:

Matteson School District 162's cafeterias serve a nutritious breakfast and lunch that meet the Federal requirements for The National School Lunch Program. Breakfast is available from approximately 7:20 until 7:55 daily during the "Focus of the Day" period at a cost of \$1.85. If a student is tardy breakfast will be available until 9:00 in the cafeteria. Lunch is available during the school day, starting at 10:30 a.m. till 2:00 p.m., per the individual school schedule, at a cost of \$2.90. If your child has been after approved after July, 2018 for the 18/19 school year for REDUCED price meals, the cost for breakfast is \$.30 and lunch is \$.40.

ALL FREE AND REDUCED APPLICATIONS EXPIRE YEARLY. They will EXPIRE on October 11, 2018. The State of Illinois Releases the 18-19 Free and Reduced Application in July, 2018. For the 18-19 school year all application must be dated 18-19 to be valid

We encourage parents to pay on-line or by check/money order in order to have a paper trail for your transactions and protection. If you would like to pay on line the instructions are found on our website under Departments – Food Service.

Please look at our website to see the following: A payment calendar, the Free and Reduced Application, Webstore, the payment instructions, Civil Right Statement, the Wellness Plan and the Outstanding Unpaid Balance Procedures.

The monthly menu is at [@preferredmealsmenu.com](http://preferredmealsmenu.com). Choose Matteson School District 162 then your child's school.

For more information contact Susan Friedericks, Director of Food Services, at 708-833-4113.

Civil Rights & Nondiscrimination Statement: 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 institution participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, reprisal or retaliating for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or Local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](https://www.ascr.usda.gov/how-file-program-discrimination-complaint), (AD-3027) found online at <https://www.ascr.usda.gov/how-file-program-discrimination-complaint>, 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. This institution is an equal opportunity provider.