

Dear Parents:

Welcome to the 2022-2023 school year!

For the past 2+ years, the United States Department of Agriculture (USDA) has offered waivers to Child Nutrition Programs (CNP) across the United States, allowing these programs to offer all students breakfast and lunch at no charge. These waivers expired on June 30, 2022.

Many families will see changes in school meals this fall. We have worked tirelessly to get healthy food to children during COVID-19, and we will keep working hard to serve children healthy meals this coming school year.

What will the 2022-2023 school year look like? Breakfast and lunch will continue to be offered. However, Child Nutrition Programs across the nation will return to pre-pandemic operations.

- Families will once again be asked to complete and submit meal applications to see if their child(ren) qualify for free or reduced priced meals. Approval is based on the household's income. The 2022-23 online meal application will be available early August 2022.

Families that believe their income is under the limit should fill out an application for free or reduced-price meals through their school.

Household Size	Maximum Annual Household Income for Reduced Price Meals, School Year 2022-23
1	\$25,142
2	\$33,874
3	\$42,606
4	\$51,338
5	\$60,070
6	\$68,802
7	\$77,534
8	\$86,266
For each additional family member, add	\$4,720

- Children are automatically eligible for free meals if anyone in their household gets SNAP, TANF, or FDPIR benefits. In some states, families with Medicaid may also qualify, depending on their income.
- Children experiencing homelessness, children in foster care, runaway youth, or children of migrant workers all qualify for free school meals when their household fills out an application.
- Children who do not qualify for free or reduced-price meals may pay full price for a healthy breakfast or lunch at school. The meal prices for the 2022-23 school year will be posted on the Child Nutrition Program website: www.cnpbr.org.
- There are two (2) schools that participate in the "Community Eligibility Provision" (CEP): Redemptorist St Gerard and St Francis Xavier. Students attending these schools will receive free breakfast and lunch.

The CACFP (Afterschool Meals/Supper) will continue to be offered. These meals are free to all students attending a participating school, regardless of income.

In addition to returning to pre-pandemic operations, Child Nutrition Programs across the nation continue to face the same challenges many grocery stores and other places are having with getting all the food and supplies they need. When this happens, school nutrition professionals are doing everything they can to serve healthy meals to your child. Sometimes that means needing to swap out some foods for others because some foods are easier to get.

School meals have to meet strong nutrition standards, and we are continuing to work hard to serve students the nutritious, delicious meals they need to learn and grow. Healthy for Life is our commitment to create healthier environments and communities, by providing comprehensive nutrition and wellness education. This year we will continue to expand the program with more freshly prepared meals, fresh vegetables and fruit. We have updated the program design to better reflect the sophisticated tastes of today's students.

Breakfast

We realize eating breakfast at school helps children learn. Studies have shown that children who eat breakfast at the start of their school day are more focused on learning. Our students will have the option of a cold or hot breakfast.

Lunch

For your students, we offer a variety of meal choices with one goal in mind: to provide outstanding service and high quality, "student-friendly", meals that meet or exceed the latest federal and state requirements. Our school menus are designed to ensure that students receive a balanced meal, consisting of foods from all major food groups in the right proportions to meet calorie and other nutrient needs.

We appreciate your support, and we are proud to serve you. For more information about our menus and programs, please visit our website at www.cnpbr.org. To learn more about healthy school meals visit <http://www.fns.usda.gov> or www.myhealthyforlife.com.

We hope that you and your child(ren) have a great year! Please feel free to call our office with any questions or comments.

Sincerely,
Lynda Carville
CNP Director