

Press Release:

The North Middlesex Regional School District is pleased to announce our participation in the National School Lunch Program. The available meals meet nutritional standards set by the U.S. Department of Agriculture. Our schools participate in the National School Lunch Program and School Breakfast Program.

**INCOME ELIGIBILITY GUIDELINES
(Effective July 1, 2019 – June 30, 2020)**

HOUSEHOLD SIZE	Free Meals (130%)					Reduced Meals (185%)				
	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 Person Add	+									
	\$5,746	+\$479	+\$240	+\$221	+\$111	+\$8,177	+\$682	+\$341	+\$315	+\$158

If your income is less than or equal to the State Free and Reduced guidelines you are eligible for free or reduced price meals. These guidelines are effective July 1, 2019 through June 30, 2020. If you have children who are approved for Supplemental Nutrition Assistance Program (SNAP) formerly known as Food Stamps, Temporary Assistance for Needy Families (TANF) they are automatically able to receive free meals. Students who are migrant, homeless, or runaway are automatically eligible and do not need to fill out an application. Foster children receive free meals regardless of the income of the household with which they reside.

For more information or to get an application for free or reduced price school meals, contact us at: **Michelle Nee, 33 Chace Avenue, Pepperell, MA 01463, 978-433-0114**. We cannot approve your application unless it is complete. The information you give us on your application may be checked. You may apply for free or reduced meals at any time during the school year if your situation changes. If you become unemployed, your child(ren) may be able to have free or reduced meals based on your unemployment income. If we deny your free or reduced meals application, we will give you a chance to appeal the decision. In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability. To file a complaint of discrimination, write to USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington DC 20250-9410 or call (800) 795-3272 or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.