

Mohonasen CENTRAL SCHOOL DISTRICT FOOD SERVICE

S U M M E R 2 0 2 5

FREE MEALS PROGRAM CONTINUES; DISTRICT AWARDED USDA FRUIT AND VEGETABLE GRANT



Mohonasen will continue to offer free breakfast and lunch to all students for the 2025–26 school year. While federal regulations regarding the Community Eligibility Provision (CEP) are evolving, Mohonasen remains in the second year of its current four-year eligibility cycle. Regardless of future changes at the federal level, New York State's designation as a Universal Free Meal state ensures that all students will continue to receive free meals throughout the school year.

To assist the district in retaining the free program for your children(s), families are encouraged to complete the Community Eligibility Provision (CEP) Household Income Eligibility Form found on page 3.

The form is also used to determine eligibility for additional state and federal program benefits that your children(s) may qualify for such as, free or low-cost college in the high school courses, reduced PSAT/SAT testing costs and college application fees. Per the federal government, applications must be submitted yearly to continue receiving these benefits.

The nutrition standards for school meals are being updated to reflect the latest dietary guidelines. In addition to previous adjustments to total fat, saturated fat, and calories, new limits on added sugars will take effect next year:

- Breakfast cereals must contain no more than 6 grams of added sugars per ounce
- Yogurt must contain no more than 12 grams of added sugars per 6 ounces
- Flavored milk must contain no more than 10 grams of added sugars per 8 fluid ounces

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The Food Service
Department needs
substitute helpers for
the 2025-26 school
year. See employment
information on the
Mohonasen website.

Pay online

Parents can upload
money on their
PayPAMS account so
their children(s) can
purchase extra food
options, beverages and
snack a la carte items.

paypams

MOHONASEN HAS ONCE AGAIN BEEN AWARDED THE FRESH FRUIT AND VEGETABLE PROGRAM (FFVP) GRANT FOR THE 2025-26 SCHOOL YEAR

This program provides students with access to a wide variety of fresh fruits and vegetables during the school day. Throughout this past year, students enjoyed healthy classroom snacks such as radishes, sugar snap peas, cantaloupe and plums.

In March, the Food Service Department launched a week-long initiative called "Eat the Rainbow of Fruits and Veggies," which aligned with the offerings of the FFVP. This initiative successfully encouraged students to explore new produce.

We look forward to another successful year of promoting healthy eating habits and ensuring access to nutritious meals for all students.



The USDA established nutrition standards for all foods and beverages sold to students in school. The Smart Snacks in School Act requires more whole grains, low-fat dairy, fruits, vegetables and leaner protein while prohibiting certain items that are high in calories. The following are the nutritional requirements that all snacks must follow. Students may use their lunch accounts to purchase snacks; however, if parents would rather they don't, email food service to opt-out. Limits can be set on the students' accounts.

WHAT ARE THE SMART SNACKS STANDARDS FOR FOODS?

To qualify as a smart snack, a snack or entree must first meet the general nutrition standards:

1. Be a grain product that contains 50% or more whole grains by weight (have a whole grain as the first ingredient); or
2. Have as the first ingredient a fruit, a vegetable, a dairy food, or a protein food; or
3. Be a combination food that contains at least $\frac{1}{4}$ cup of fruit and/or vegetable (for example, $\frac{1}{4}$ cup of raisins with enriched pretzels); and
4. The food must meet the nutrient standards for calories, sodium, fats, and total sugars.

NUTRIENT	SNACK	ENTREE
Calories	200 calories or less	350 calories or less
Sodium	200 mg or less	480 mg or less
Total Fat	35% of calories or less	35% of calories or less
Saturated Fat	Less than 10% of calories	Less than 10% of calories
Trans Fat	0g	0g
Total Sugars	35% by weight or less	35% by weight or less

Community Eligibility Provision (CEP)/Provision 2 non-base year Household Income Eligibility Form

Rotterdam Mohonassen Central School District is participating in the Community Eligibility Provision (CEP) or Provision 2 in a non-base year. All children in the school will receive meals/milk at no charge regardless of household income or completion of this form. This form is to determine eligibility for additional State and federal program benefits that your child(ren) may qualify for. Read the instructions on the back, complete **only one** form for your household, sign your name and return it to the school named above. Call (518) 356-8225, if you need help.

1. List all children in your household who attend school:

Student Name	School	Grade/Teacher	Foster Child	No Income
			<input type="checkbox"/>	<input type="checkbox"/>
			<input type="checkbox"/>	<input type="checkbox"/>
			<input type="checkbox"/>	<input type="checkbox"/>
			<input type="checkbox"/>	<input type="checkbox"/>
			<input type="checkbox"/>	<input type="checkbox"/>
			<input type="checkbox"/>	<input type="checkbox"/>

2. SNAP/TANF/FDPIR Benefits:

If anyone in your household receives either SNAP, TANF or FDPIR benefits, list their name and CASE # here. Skip to Part 5, and sign the application.

Name: _____ CASE # _____

3. Household Gross Income: List all people living in your household, how much and how often they are paid (weekly, every other week, twice per month, monthly). Do not leave income blank. If no income, check box. If you have listed a foster child above, you must report their personal income.

Name of household member	Earnings from work before deductions Amount / How Often	Child Support, Alimony Amount / How Often	Pensions, Retirement Payments Amount / How Often	Other Income, Social Security Amount / How Often	No Income
	\$ _____ / _____	\$ _____ / _____	\$ _____ / _____	\$ _____ / _____	<input type="checkbox"/>
	\$ _____ / _____	\$ _____ / _____	\$ _____ / _____	\$ _____ / _____	<input type="checkbox"/>
	\$ _____ / _____	\$ _____ / _____	\$ _____ / _____	\$ _____ / _____	<input type="checkbox"/>
	\$ _____ / _____	\$ _____ / _____	\$ _____ / _____	\$ _____ / _____	<input type="checkbox"/>
	\$ _____ / _____	\$ _____ / _____	\$ _____ / _____	\$ _____ / _____	<input type="checkbox"/>
	\$ _____ / _____	\$ _____ / _____	\$ _____ / _____	\$ _____ / _____	<input type="checkbox"/>
	\$ _____ / _____	\$ _____ / _____	\$ _____ / _____	\$ _____ / _____	<input type="checkbox"/>
	\$ _____ / _____	\$ _____ / _____	\$ _____ / _____	\$ _____ / _____	<input type="checkbox"/>

4. Signature: An adult household member must sign this application.

I certify (promise) that all the information on this application is true and that all income is reported. I understand that the information is being given so the school may receive federal funds. The school officials may verify the information and if I purposely give false information, I may be prosecuted under applicable State and federal laws, and my children may lose meal benefits.

Signature: _____ Date: _____

Email Address: _____

Home Phone: _____

Home Address: _____

DO NOT WRITE BELOW THIS LINE - FOR SCHOOL USE ONLY			
Annual Income Conversion (Only convert when multiple income frequencies are reported on application) Weekly X 52; Every Two Weeks (bi-weekly) X 26; Twice Per Month X 24; Monthly X 12			
SNAP / TANF / Foster Income	Total Household Income / How Often:	Household Size:	Denied Eligibility
Free Eligibility	Reduced Eligibility		
Signature of Reviewing Official			

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FOOD SERVICE PROGRAM SUMMER 2025

CEP/Provision 2 Non-Base Year Household Income Form INSTRUCTIONS

PART 1	ALL HOUSEHOLDS MUST COMPLETE STUDENT INFORMATION. DO NOT FILL OUT MORE THAN ONE FORM FOR YOUR HOUSEHOLD. (1) Print the names of the children, including foster children, for whom you are applying on one form. (2) List their grade and school. (3) Check the box to indicate a foster child living in your household, and check the box for each child with no income.
PART 2	HOUSEHOLDS GETTING SNAP, TANF OR FDPIR SHOULD COMPLETE PART 2 AND SIGN PART 4. (1) List a current SNAP (Supplemental Nutrition Assistance Program), TANF (Temporary Assistance for Needy Families) or FDPIR (Food Distribution Program on Indian Reservations) case number of anyone living in your household. Do not use the 16-digit number on your benefit card. The case number is provided on your benefit letter. (2) An adult household member must sign the form in PART 4. SKIP PART 3 - Do not list names of household members or income if you list a SNAP, TANF or FDPIR number.
PARTS 3 & 4	ALL OTHER HOUSEHOLDS MUST COMPLETE ALL OF PARTS 3 AND 4. (1) Write the names of everyone in your household, whether or not they get income. Include yourself, the children you are completing the form for, all other children, your spouse, grandparents, and other related and unrelated people living in your household. Use another piece of paper if you need more space. (2) Write the amount of current income each household member receives, before taxes or anything else is taken out, and indicate where it came from, such as earnings, welfare, pensions and other income. If the current income was more or less than usual, write that person's usual income. Specify how often this income amount is received: weekly, every other week (bi-weekly), 2 x per month, monthly. If no income, check the box. The value of any child care provided or arranged, or any amount received as payment for such child care or reimbursement for costs incurred for such care under the Child Care and Development Block Grant, TANF and At Risk Child Care Programs should not be considered as income for this program.

PRIVACY AND SECURITY FOR STUDENT DATA AND TEACHER AND PRINCIPAL DATA

The District is committed to maintaining the privacy and security of student data and teacher and principal data and will follow all applicable laws and regulations for the handling and storage of this data in the District and when disclosing or releasing it to others, including, but not limited to, third-party contractors. The District adopts this policy to implement the requirements of Education Law Section 2-d and its implementing regulations, as well as to align the District's data privacy and security practices with the National Institute for Standards and Technology Framework for Improving Critical Infrastructure Cybersecurity (Version 1.1).