



PRESS RELEASE

Poway Unified School District

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For Immediate Release

August 15, 2022

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Poway Unified School District Provides Free Breakfast and Lunch for All Students in the 2022-2023 School Year

(Poway, CA) – Poway Unified School District announces it will serve **FREE** breakfast and lunch meals every school day. In accordance with California’s new Universal Meals Program, free breakfast and free lunch are now offered to all students, regardless of household income. New this year, breakfast will be served before school on each campus in the District.

School year 2022-2023 marks the beginning of California’s new Universal Meals Program, which builds upon the foundations of the federal National School Lunch Program and School Breakfast Program. Nutrition standards for school meals follow USDA meal patterns, which are based on the *Dietary Guidelines for Americans*. School meals are rich in whole grains, feature local and seasonal fruits and vegetables, and limit sodium and saturated fat. To appeal to varied food preferences, students have choices in their entrees, fruit and vegetable sides, and milk. Meatless options are available every school day.

Although meals are free to all students, the Universal Meals Program still requires the District to process meal applications. Families are encouraged to apply online at: www.myschoolapps.com. Paper applications are also available in each school office. Information collected from meal applications helps determine District funding, and households that meet certain income criteria on the meal application may qualify for other benefits such as discounts on utilities and internet service, and reduced fees for AP and SAT tests. Effective July 1, 2022, through June 30, 2023, students meet the eligibility criteria for free or reduced-price meals if their household income is less than or equal to the following federal guidelines:

Household Size	Annual	Monthly	Twice per Month	Every 2 Weeks	Weekly
1	\$ 25,142	\$ 2,096	\$ 1,048	\$ 967	\$ 484
2	\$ 33,874	\$ 2,823	\$ 1,412	\$ 1,303	\$ 652
3	\$ 42,606	\$ 3,551	\$ 1,776	\$ 1,639	\$ 820
4	\$ 51,338	\$ 4,279	\$ 2,140	\$ 1,975	\$ 988
5	\$ 60,070	\$ 5,006	\$ 2,503	\$ 2,311	\$ 1,156
6	\$ 68,802	\$ 5,734	\$ 2,867	\$ 2,647	\$ 1,324
7	\$ 77,534	\$ 6,462	\$ 3,231	\$ 2,983	\$ 1,492
8	\$ 86,266	\$ 7,189	\$ 3,595	\$ 3,318	\$ 1,659
For each additional family member, add:	\$ 8,732	\$ 728	\$ 364	\$ 336	\$ 168

Households do not need to apply if they receive a letter from the District stating that all children in the home automatically qualify for free meals. This may happen in households receiving benefits from CalFresh, CalWORKs, FDPIR, or other special circumstances. Please contact PUSD Food and Nutrition if any child in the household is not listed on the notification letter.

If a household is not eligible at this time, but income goes down, household size grows, or a household member starts receiving CalFresh, CalWORKs, or FDPIR, the family is encouraged to reapply at that time. Information provided on meal applications is used to determine eligibility and may be verified by school officials.

For questions about California's Universal Meals Program or about meals in Poway Unified School District, please visit our website at: powayusdnutrition.com or call 858-668-2570.

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