

Instructions for Public Media Release Free and Reduced-Price Meals OR Free Milk

Local educational agencies (LEA) are required to send a public media release (PMR) for [free and reduced-price (F/RP) meals **OR** free milk] to the local media or post in a public place each school year, unless the school is (1) a boarding school, (2) a residential child care institution without day students, or (3) a school that includes food service fees in tuition and all students are provided the same meals or milk per Title 7, *Code of Federal Regulations*, Section 245.5(a).

Near the beginning of each school year, LEAs must notify the public that F/RP meals **OR** free milk are available. LEAs must provide the PMR to the local news media, the local unemployment office, and any major employers who are contemplating large layoffs in the attendance area of the school.

The PMR must contain the same information supplied in the letter to households, except the PMR must contain both the free and reduced-price Income Eligibility Guidelines.

The LEA must sign, date, and send the PMR to the local media requesting that the release be published at no charge as a public service to the community. If your community does not have local media sources (i.e., newspaper, television, radio, podcast, etc.), post the PMR in several community areas (i.e., post office, community centers). You are not required to incur costs to have the PMR published and the local media is not required to publish it.

Posted to Conquerors Christian Website on: April 3, 2026

Public Media Release for Free and Reduced-Price Meals OR Free Milk

Conquerors Christian School announces its policy to serve nutritious meals or free milk every school day under the National School Lunch Program, School Breakfast Program. Effective April 6, 2026 through June 3, 2026 children are eligible for [free or reduced-price meals or free milk if the household income is less than or equal to the federal guidelines.

<i>Free Eligibility Scale Meals, Snacks, and Milk</i>				
<i>Household Size</i>	<i>Annual</i>	<i>Monthly</i>	<i>Twice Per Month</i>	<i>Every Two Weeks</i>
1	\$ 20,345	\$ 1,696	\$ 848	\$ 783
2	\$ 27,495	\$ 2,292	\$ 1,146	\$ 1,058
3	\$ 34,645	\$ 2,888	\$ 1,444	\$ 1,333
4	\$ 41,795	\$ 3,483	\$ 1,742	\$ 1,608
5	\$ 48,945	\$ 4,079	\$ 2,040	\$ 1,883
6	\$ 56,095	\$ 4,675	\$ 2,338	\$ 2,158
7	\$ 63,245	\$ 5,271	\$ 2,636	\$ 2,433
8	\$ 70,395	\$ 5,867	\$ 2,934	\$ 2,708
<i>For each additional family member, add:</i>	\$ 7,150	\$ 596	\$ 298	\$ 275
<i>Reduced-price Eligibility Scale Meals and Snacks</i>				
<i>Household Size</i>	<i>Annual</i>	<i>Monthly</i>	<i>Twice Per Month</i>	<i>Every Two Weeks</i>
1	\$ 28,953	\$ 2,413	\$ 1,207	\$ 1,114
2	\$ 39,128	\$ 3,261	\$ 1,631	\$ 1,505
3	\$ 49,303	\$ 4,109	\$ 2,055	\$ 1,897
4	\$ 59,478	\$ 4,957	\$ 2,479	\$ 2,288
5	\$ 69,653	\$ 5,805	\$ 2,903	\$ 2,679
6	\$ 79,828	\$ 6,653	\$ 3,327	\$ 3,071
7	\$ 90,003	\$ 7,501	\$ 3,751	\$ 3,462
8	\$ 100,178	\$ 8,349	\$ 4,175	\$ 3,853
<i>For each additional family member, add:</i>	\$ 10,175	\$ 848	\$ 424	\$ 392

Households do not need to turn in an application when the household receives a notification letter saying that all children automatically qualify for free meals or milk when any household member receives benefits from CalFresh, CalWORKs, or FDPIR. Children who meet the definition of foster, homeless, migrant, or runaway, and children enrolled in their school's Head Start program are eligible for free meals or milk. Contact school officials if any child in the household is not on the

notification letter. The household must let school officials know if they do not want to receive free or reduced-price meals or free milk.

Applications will be sent to the household with a letter about the free and reduced-price meal or free milk program. Households that want to apply must fill out one application for all children in the household and give it to the nutrition office at Conquerors Christian School 2787 N. Beale rd. Marysville, Ca., 95901. For a simple and secure method to apply, use our online application in Gradelink Contact Bethany Gonzales at 530-742-2495 for help filling out the application. The school will let you know if your application is approved or denied for [free or reduced-price meals or free milk].

Households may turn in an application at any time during the school year. If you are not eligible now, but your household income goes down, household size goes up, or a household member starts receiving CalFresh, CalWORKs, or FDPIR, you may turn in an application at that time. Information given on the application will be used to determine eligibility and may be verified at any time during the school year by school officials. The last four digits of the Social Security number from any adult household or checking that you do not have a Social Security number is required if you include income on the application.

Households that receive Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) benefits, may be eligible for [free or reduced-price meals or free milk] by filling out an application.

Foster children are eligible for [free meals or milk] and may be included as a household member if the foster family chooses to also apply for the non-foster children on the same application. Including foster children as a household member may help the non-foster children qualify for [free or reduced-price meals or free milk]. If the non-foster children are not eligible, this does not keep foster children from receiving [free meals or milk].


Your child's eligibility status from last school year will continue into the new school year for up to 30 school days or until the school processes your new application, or your child is otherwise certified for [free or reduced-price meals or milk]. After the 30 school days, your child will have to pay full price for [meals or milk], unless the household receives a notification letter for [free or reduced-price meals or free milk]. School officials do not have to send reminder or expired eligibility notices.

If you do not agree with the decision or results of verification, you may discuss it with school officials. You also have the right to a fair hearing, which may be requested by calling or writing the hearing official: Rachel Moberly at Conquerors Christian School, 2787 N. Beale Rd. Marysville, Ca., 95901 or by phone at 530-742-2495
This institution is an equal opportunity provider.

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Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotope, American Sign Language, etc.) should contact the state or local agency that administers the program or contact USDA through the Telecommunications Relay Service at 711 (voice and TTY). Additionally, program information may be made available in languages other than English.

To file a program discrimination complaint, complete the USDA Program Discrimination Complaint Form, [AD-3027](#)  (PDF), found online at How to File a 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, Mail Stop 9410
Washington, D.C. 20250-9410;
2. fax:
202-690-7442; or
3. email:
Program.Intake@usda.gov.

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