



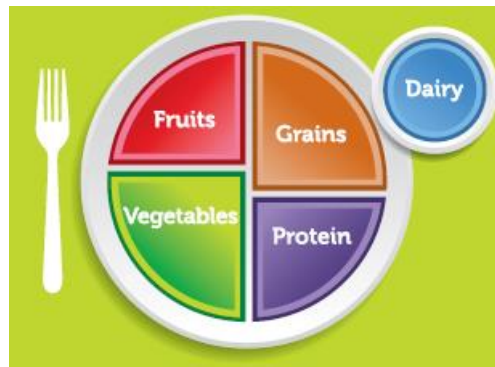
Welcome Letter to Parents from Nutrition Services

Information about the LUHSD Food Service Department:

Kelley Ellison: ellisonk@luhsd.net (925) 625-5900 x 3549, Freedom High School Cafeteria Coordinator
 Heidi Ellingson: ellingsoh@luhsd.net (925) 634-0337 x6923, Heritage High School Cafeteria Coordinator
 Valerie Austin: austinv@luhsd.net (925) 634-3521 x 5251, Liberty High School Cafeteria Coordinator
 Rosy Ayers: ayersr@luhsd.net (925) 634-3521 x 5651, Food Service Supervisor LUHSD (Hablo Español)

Dear Parent or Guardian:

The Liberty Union High School District takes part in the National School Lunch/Breakfast programs and this year with Universal Meals, all students will receive a FREE Breakfast and Lunch Daily! Nutrition is important for feeding the brain and academic success. Healthy meals are served every school day and our goal is to meet or exceed the Federal Requirements.



Even though school meals are free to all students, please take the time to complete the Free and Reduced meal application.

Why is it still important that you complete the Free and Reduced Meal Application?

1. It will help provide **essential funding** for your school
2. You may receive **discounted utilities** and **internet access**
3. You may become eligible for **free enrollment** in some afterschool care programs
4. You may become eligible for **Testing fee waivers** (SAT, PSAT and AP)
5. You may receive benefits **regardless of citizenship status**

Apply
starting July
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<https://lingconnect.com/main>

You can also add money on Titan to your student's account for A La Carte items like second lunches, Gatorade, Water or chips.

USDA is an equal opportunity provider and employer.