



Free Summer Meals for Kids



Children ages 1-18 may receive free meals through Everett Public Schools Summer Meals program. There is no identification of proof of income required. The Free Summer Meals program is open to all children regardless if they attend school in the Everett Public School District or not. Current sites are listed below. For more information, times and to find a site near you:

- ✦ Visit the Everett School District website at www.everettsd.org or
- ✦ Parenthelp123.org
- ✦ Call Food & Nutrition Services at 425-385-4380 or USDA 1-800-348-6479
- ✦ Text "food" or "comida" to 877-877
- ✦ Frequently Asked Questions on backside of this flyer



Información de Alimentos de Verano gratis

Niños de 1-18 años de edad pueden recibir comidas gratis a través del programa de comidas de verano de las escuelas públicas de Everett. No necesitan identificación o comprobante de ingresos. El programa de comidas gratis de verano está abierto a todos los niños independientemente si ellos asisten a la escuela en el distrito escolar de Everett o no.

The following programs will run *Monday through Thursday*. *Cascade: Monday through Friday*

SITE NAME	SITE ADDRESS	DATES		BREAKFAST TIMES		LUNCH TIMES	
		Start	End	Start	End	Start	End
Cascade High M-F	801 E Casino Rd Everett	7/1	8/9	7:15 AM	7:45 AM	10:15 AM	10:45 AM
Evergreen Middle	7621 Beverly Lane Everett	7/8	8/8	8:15 AM	8:30 AM	12:00 PM	12:15 PM
Hawthorne Elementary	1110 Poplar Everett	7/8	8/8	9:15 AM	9:25 AM	12:30 PM	1:15 PM
Lowell Elementary	5010 View Dr. Everett	7/8	8/8	9:15 AM	9:25 AM	12:30 PM	1:05 PM
Madison Elementary	616 Pecks Dr Everett	7/8	8/8	9:05 AM	9:25 AM	12:35 PM	1:05 PM
View Ridge Elementary	202 Alder Everett	7/8	8/8	9:15 AM	9:25 AM	12:35 PM	1:05 PM
Whittier Elementary	916 Oakes Everett	7/8	8/8	9:10 AM	9:25 AM	12:35 PM	1:05 PM
Monday	Tuesday	Wednesday	Thursday	Other Options Available Daily: PB&J Sandwich Cheese Sandwich Yogurt Combo Assorted fruits and vegetables All lunches served with choice of white, chocolate or soy milk			
French Bread Pizza (rotate weekly with Cheese Dippers) Bright Broccoli Awesome Applesauce	Chicken Strips & Goldfish Crackers Blueberry Cobbler Champion Corn Sweet Blueberries	Cheeseburger or Fishwich (rotate weekly with Chicken Burger) Crinkle Fries Peppy Peaches	Dancin' Corn Dog (rotate weekly with Cook's Choice) Cookie "Oh Snap" Peas Fun Fresh Fruit				

The following programs will run *Monday through Thursday*.

SITE NAME	SITE ADDRESS	DATES		BREAKFAST TIMES		LUNCH TIMES	
		Start	End	Start	End	Start	End
Emerson Elementary	87202 7th Ave SE Everett	7/29	8/8	8:45 AM	9:00 AM	12:00 PM	12:30 PM
Everett Boys & Girls Club	2316 12th St Everett	7/8	8/15	Snack 2:00 PM-2:30 PM		11:00 AM	11:30 AM
Everett Family YMCA	2720 Rockefeller Ave Everett	7/8	8/15	Snack 3:15 PM-3:45 PM		11:30 AM	12:15 PM
Family Tree Apts.	10110 19th Ave SE Everett	7/8	8/15	NA	NA	1:30PM	2:00 PM
Garfield Elementary	2215 Pine St Everett	7/8	8/8	NA	NA	11:00 AM	11:30 AM
Grandview Apts.	718 Linden St Everett	7/8	8/8	NA	NA	11:30AM	12:00PM
Monroe Elementary	10901 27th Ave SE Everett	7/29	8/8	8:45 AM	9:00 AM	12:00 PM	12:30 PM
Silver Lake Elementary	12815 Both-Evrt Hwy Everett	7/29	8/8	8:45 AM	9:00 AM	12:00 PM	12:30 PM
Monday	Tuesday	Wednesday	Thursday	Other Options Available Daily: PB&J Sandwich Yogurt Combo All lunches served with choice of white or chocolate milk			
Pizza Munchable Bright Broccoli Awesome Applesauce	Turkey Ham & Cheese Sandwich Cool Cucumber Sweet Blueberries	Chicken Strips Cherry Tomatoes Peppy Peaches	Vegetarian Green Salad & Cookie "Oh Snap" Peas Fun Fresh Fruit				

Times, dates, locations and menu are subject to change. Please check the website for most up to date information.

This institution is an equal opportunity provider.



FREQUENTLY ASKED QUESTIONS AND PROGRAM GUIDELINES



Q: Who can eat at the sites?

A: Anyone between the ages of 1-18.

Q: Do I need to show my identification?

A: No. We do not ask for any form of identification.

Q: Will I need to show proof of income?

A: There are no income guidelines for you to receive free meals.

Q: I'm a parent/guardian and I would like to eat with my child. Can I have a meal too?

A: Parents/guardians are always welcome to sit with their child, however free meals are only for ages 1-18. If you are over the age of 18 you can purchase lunch for \$4.00.

Q: How many meals can my child receive each day?

A: Each child receives one free meal during each meal period the site provides. If the site serves breakfast and lunch, then the child may receive 1 breakfast and 1 lunch that day.

Q: My child is being told they must take certain components to make a "reimbursable meal". What does that mean?

A: Everett Public Schools Food and Nutrition department receives federal funding for each reimbursable meal that we serve following the guidelines given to us. This means that we are required to make sure each child takes the right number of components for breakfast and lunch to make it count as a meal that we will be reimbursed. Sites that do not follow the reimbursable guidelines may be asked to close their site and/or pay for the meals that did not follow the guidelines. Below are the components of a reimbursable meal.

Q: Can my child pick up their meal and bring it home?

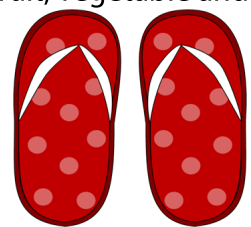
A: The free meal must be consumed on site. However, we do allow kids to take their fruit, vegetable and cracker with them for later.

Q: How can I find a site near me?

A: Several different ways are listed on the front of this flyer.

Q: I want to help, what else can I do?

A: Volunteer! Our best sites have organized, well-run activities that keep the interest of the children and teens coming back to the site day after day. Some of these activities include arts and crafts, tutoring, mentoring, drama, sports, and other programs.



Reimbursable Meal Components

Breakfast:

1 milk, 1 *fruit/vegetable, 1 grain item like cold cereal, bread.

Lunch:

1 milk, *2 fruits/vegetable, 1 grain item like bread or crackers, 1 protein like cheese, yogurt or lean meat.

*Children can take additional fruits and vegetables.



Información de Alimentos de Verano Gratis

Los almuerzos fríos pueden incluir opciones de combinación, sandwich de PB&J, sandwich de queso o combinación de yogurt. Todos los platos son servidos con fruta, verduras y leche. Sitios con una *enfrente tendrán opciones de almuerzo caliente. Estos menús se publicarán en el sitio web del Distrito Escolar de Everett www.everettsd.org. Haz clic en el sombrero del chef.