The Winston-Salem/Forsyth County school system recently announced its policy for free and reduced-price meals for children served under the National Lunch and School Breakfast Program.

Application forms are being sent to the homes of all students in a letter to parents. Additional copies are available at the office of each school. The information provided on the application is confidential and will be used only to determine eligibility. Applications may be submitted at any time during the year.

A statement of family income size, including household member names, social security numbers of all adults or an indication that a household member does not have one, is required, as is a signed certification by the parent, guardian or other household adult member that the information provided is correct. An application excluding this information will not be approved. Parents may request assistance from a school official in filling out the form.

Under the provisions of the policy, the principal or his designee will review applications and determine eligibilty. If a parent is dissatisfied with the decision of the determining official, he or she may wish to discuss it with the official on an informal basis. If a parent wishes to make a formal appeal, he or she may request a hearing either orally or in writing to Dr. Howard Sosne, assistant superintendent, P.O. Box 2513, Winston-Salem, N.C. 27102,

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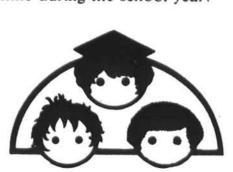


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(919) 727-8030. An outline of the hearing procedure is on file at each school.

The information on the application may be checked by the school or other officials at any time during the school year.



WINSTON-SALEM FORSYTH COUNTY **SCHOOLS**

Families are required to report income increases by more than \$50 per month or \$600 per year or when the household size decreases." Benefits may be applied for at any time during the school year.

If, during the year, a family member becomes unemployed or if the family's size or income changes, the family should contact the school. Such changes may make the children of the family eligible for additional benefits if the family income falls at or below the required level.

children are eligible for program benefits. Parents should inform the school official if they have foster children in the household.

In the operation of child

In certain cases, foster care feeding programs, all children are treated the same regardless of ability to pay. No child is discriminated against because of race, sex, religion, color, national origin, age or handicap.



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1 cup cornmeal cup flour 4 teaspoons baking powder h teaspoon salt 2 eggs, beaten

1 cup milk 's cup PARKAY Margarine melted 1/4 cup honey



Combine dry ingredients. Add confibined emaining ingredients mixing just until moistened Pour into well-greased 8-inch square pan. Bake at

LEMON BARBECUED RIBS



1 cup KRAFT Barbecue Sauce tablespoon lemon juice teaspoon grated lemon rind 21/2 to 3 lbs. pork backribs or spareribs

Combine barbecue sauce, juice and rind. Place ribs on greased rack of broiler pan. Bake at 350 30 minutes Brush ribs with sauce, continue baking 1 hour. turning and brushing with sauce every 15 minutes. 4 servings



1 gt shredded cabbage 'h cup thin carrot slices 4 cup chopped green pepper cup radish slices MIRACLE WHIP Salad Dressing



Combine cabbage, carrot green pepper, radishes and enough salad dressing to moisten mix lightly Gar nish with green pepper rings, if desired 6 to 8 servings

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