

Txog Rau Niam thiab Txiv/ Tus Saib Xyuas:

Menyuam yau yuav tsum tau noj zoo thiaj kawm tau ntawv. **Twin Rivers Unified School District** txhua txhua hnuv yeej muaj mov noj tej zoo rau cov menyuam. **Pluag tshais raug nyiaj \$1.00; pluag sus raug nyiaj \$2.00. Koj tus menyuam tejzaum muaj cuab kav tau txais mov noj dawb lossis luv nqi mov. Tus nqi luv noj mov yog \$.30 rau pluag tshais thiab \$.40 rau pluag su.**

- 1. Kuv puas yuav tsum ua ntawv teev npe rau txhua txhua tus menyuam?** Tsis tas ua rau txhua tus. Ua tsab ntawv teev npe thov noj mov dawb lossis luv nqi mov xwb. Siv tib Tsab Ntawv Teev Npe Thov Mov Noj Dawb thiab Luv Nqi Mov Tom Tsev kawmntawv rau tag nrho cov menyuam hauv koj tsevneeg. Tsab ntawv twg ua tsis tiav tag tag mas peb tsis muaj cuabkav pomzoo tias kam, vim li ntawd yuav tsum teb tag nrho cov lus tseev tias kom yuav tsum teb.
- 2. Leejtwg thiaj tau txais mov noj dawb?** Cov menyuam ntawm cov tsevneeg uas tau txais Food Stamps lossis TANF thiab feem ntau cov menyuam uas txais los tu txawm koj khwv tau nyiaj npaum cas los xij. Tsis tag li, koj cov menyuam muaj cuab kav tau txais mov noj dawb yog koj tsev neeg khwv tau nyiaj ncaj li Tus Nqi Nyiaj Tseemfww Tebchaws Phua Tseg tias kam pub dawb.
- 3. Cov menyuam tsis muaj vajtsev nyob, khiav tawm ntawm tsev thiab cov menyuam uas nws tsevneeg ua zog ib sij tsim ib qho chaw rau ib qho puas muaj cuab kav tau txais mov noj dawb?** Thov hu rau **Sandy Westerberg 916-566-1615** xyuas saib koj tus lossis cov menyuam puas muaj cuab kav tau txais, yog tsis tau muaj leejtwg qhia rau koj tias lawv puas muaj cuab kav tau txais mov noj dawb.
- 4. Leejtwg thiaj muaj cuabkav tau txais qhov luv nqi mov?** Koj cov menyuam muaj cuabkav tau txais qhov luv nqi mov yog koj tsevneeg khwv tau nyiaj ncaj li tus nqi phua tseg tias kam pub tus nqi luv mov uas qhia nyob rau ntawm Tseemfww Lub Roojntawv Txog Nyiaj, uas muaj nyob rau ntawm tsab ntawv teev npe.
- 5. Kuv puas yuav tsum ua ntaubntawv teev npe thov yog tias kuv tau txais ntawv tuaj tom tsev kawmntawv hais tias kuv cov menyuam tau txais mov noj dawb lossis luv nqi mov noj?** Koj yuav tsum ua twb zoo nyeem daim ntawv thiab ua raws li tsab ntawv qhia. Hu rau lub tsev kawmntawv ntawm tus xovtooj **916-566-1612** yog koj muaj lus dab tsi xav nug.
- 6. Kuv tau txais WIC. Ua li kuv tus lossis cov menyuam puas muaj cuabkav tau txais mov noj dawb?** Cov menyuam ntawm cov tsevneeg uas tau txais WIC tejzaum kuj muaj cuabkav tau txais mov noj dawb lossis luv nqi mov noj. Thov ua tsab ntawv teev npe.
- 7. Cov ntaubntawv kuv ua puas yuav raug muab kuaj xyuas?** Raug, tejzaum peb kuj yuav kom koj xa ntaubntawv tuaj ua povthawj.
- 8. Yog tamsim no kuv tsis muaj cuabkav tau txais, ua li lwm hnuv kuv puas muaj cuabkav teev npe thov dua?** Muaj, koj muaj cuabkav thov dua txhua txhua lub sijhawm tsev kawmntawv tseem qhib yog tias cov neeg hauv koj tsev muaj coob dua qub, nyiaj txiag khwv tau tsawg dua, lossis yog koj pib tau txais nyiaj Food Stamps, TANF lossis lwm yam kev pab. Yog koj poob haujlwm, tejzaum koj cov menyuam muaj cuabkav tau txais mov noj dawb lossis luv nqi mov noj.
- 9. Yog kuv tsis pomzoo raws li tsev kawmntawv tau txiaj txim txog kuv tsab ntawv teev npe ne ho yuav ua li ca?** Koj yuav tsum tham nrog cov neeg ua haujlwm rau tsev kawmntawv. Koj kuj muaj cuabkav hu lossis sau ntawv mus rau **Rob Ball 3222 Winona Way, North Highlands, Ca 95660 or call 916-566-1612** kom luag mloog txog koj cov lus.
- 10. Kuv puas muaj cuabkav teev npe thov yog hauv kuv tsev muaj tus tsis yog xeem xaj U.S.?** Muaj cuabkav. Koj lossis koj cov menyuam tsis tas yog xeem xaj U.S. los yeej muaj cuabkav tau txais mov noj dawb lossis luv nqi mov noj.
- 11. Leejtwg thiaj raug xam tias yog nyob hauv kuv tsev?** Koj yuav tsum xam tag nrho cov neeg nyob hauv koj tsev, txawm lawv txheeb ze thiab tsis txheeb los xij (xws li pog yawg, niamtais yawmtxiv, kwvtij neejtsa, lossis phoojywg tej). Koj yuav tsum xam koj tus kheej thiab tag nrho cov menyuam nyob nrog koj.
- 12. Yog kuv qhov nyiaj khwv tau los pheej ntau sib txawv ne yuav ua li cas?** Sau tus nqi nyiaj uas koj nquag khwv tau. Pivxaml, yog koj nquag tau li \$1000 tauj ib hlis, tiamsis lub hlis tag los koj khaj haujlwm me ntsis es koj tau txais \$900 xwb, mas koj yuav tsum sau tias koj tau \$1000 tauj ib hlis. Yog koj nquag tau nyiaj ua haujlwm tshaj, mas koj yuav tsum qhia rau, tiamsis yog ntev ntev mam muaj tau ces tsis tas sau rau.
- 13. Peb yog nyob rau hauv cov tub rog, ua li peb puas xam cov nyiaj luag pab tsev nyob rau peb ua ib qhov nyiaj peb khwv tau los?** Yog qhov luag pab rau tsev nyob ntawd yog los ntawm qhov kev pab Military Privatization Initiative, ces txhob xam qhov nyiaj pab tsev ntawd tias yog qhov nyiaj khwv tau los. Txhua yam nyiaj txiag lwm yam uas tau txais yuav tsum muab xam nrog rau qhov nyiaj tau nkag los tag nrho.

Yog koj muaj lus nug dab tsi lossis toobkam pab dab tsi, mas hu rau **Vicky Gunter at 916-566-1612.**

Ua Tsaug
Jill Van Dyke, Director of Nutrition Services Department

Yog koj tsevneeg tau txais nyiaj FOOD STAMPS LOSSIS TANF, mas ua raws li cov lus qhia no:

- Qhov 1:** Sau menyuam cov npe, tsev kawmntawv, qib ntawv, thiab tus nabnpawb tau txais nyiaj Food Stamp lossis TANF pab.
- Qhov 2:** Kos tus cim rau tas ntawv uas yog raws li muaj.
- Qhov 3:** Hla qhov no.
- Qhov 4:** Hla qhov no.
- Qhov 5:** Xee npe rau daim ntawv. Tsis muaj tus nabnpawb xaus-saus los tsis ua li cas.
- Qhov 6:** Teb lo lus nug no yog koj xav teb.

Kos cim rau tas ntawv ua yog raws li muaj thiab hu rau school site.

Ua tsab ntawv raws li cov lus qhia hauv qab no rau TAG NRHO COV NEEG LWM TUS HAUV KOJ TSEVNEEG

Yog koj ua ntawv thov rau tus MENYUAM TXAIS LOS TU, mas ua raws li cov lus qhia no:

- Qhov 1:** Siv ib daim ntawv thov rau ib tug menyuam txais los tu. Sau tus menyuam lub npe, tsev kawmntawv, thiab qib ntawv.
- Qhov 2:** Hla qhov no.
- Qhov 3:** Kos cim rau tas ntawv thiab sau qhov nyiaj ib hlis twg tau txais siv rau tus menyuam, yog tau txais.
- Qhov 4:** Hla qhov no.
- Qhov 5:** Xee npe rau daim ntawv. Tsis muaj tus nabnpawb xaus-saus los tsis ua li cas.
- Qhov 6:** Teb lo lus nug no yog koj xav teb.

TAG NRHO COV NEEG LWM TUS HAUV KOJ TSEVNEEG, xam cov tsevneeg tau txais WIC nrog, mas ua raws li cov lus qhia no:

- Qhov 1:** Sau txhua tus menyuam lub npe, tsev kawmntawv, thiab qib ntawv.
- Qhov 2:** Kos tus cim rau tas ntawv uas yog raws li muaj.
- Qhov 3:** Hla qhov no.
- Qhov 4:** Ua raws li cov lus qhia no uas qhia txog tag nrho cov nyiaj tsevneeg khwv tau lub hli dhau los.
- Kem 1 – Lub npe:** Sau lub npe hu thiab lub xee rau txhua tus neeg nyob hauv koj tsev, txheeb ze thiab tsis txheeb los xij (xws li pog yawg, niamtais yawmtxiv, kwvtij neejtsa, lossis phoojywg tej). Koj yuav tsum xam koj thiab tag nrho koj cov menyuam uas nyob nrog koj. Siv lwm daim ntawv rau npe ntxiv yog koj toobkam.
- Kem 2 – Qhov nyiaj khwv tau tag nrho lub hli dhau los thiab nquag tau txais tsawg zaus.** Ntawm tus neeg lub npe ib sab sau tus nqi nyiaj lub hli tag los uas tau txais los ntawm qhov chaw ntawd los, thiab nquag tau txais tsawg zaus. Pivxamli, *Nyiaj tau ntawm haujlwm los:* Sau qhov nyiaj khwv tau tag nrho uas tus neeg ntawd ua haujlwm tau rau. Qhov no tsis zoo tib yam li qhov nqa kiag los tsev. **Qhov nyiaj khwv tau tag nrho mas yog qhov nyiaj khwv tau ua ntej txiav them se thiab raug txiav tawm mus rau lwm yam.** Qhov nyiaj no muaj sau nyob rau ntawm daim tw tshev, lossis koj tus nais yeej muaj cuab kav qhia tau rau koj. Ntawm kiag qhov nyiaj ib sab, sau qhia saib tus neeg nquag tau txais qhov nyiaj tsawg zaus (ib as-thiv ib zaug, ob as-thiv ib zaug, ob zaug tauj ib hlis, lossis ib hlis ib zaug). *Tag nrho cov nyiaj lwm yam tau los:* Sau qhov nyiaj tus neeg tau txais lub hli dhau los ntawm welfare, nyiaj pab menyuam, nyiaj cov niamtxiv sib nraug xa tuaj yug tus pojniam lossis tus txiv, (kem ob) nyiaj them rau neeg so haujlwm los xiam-oob-khab, nyiaj laus, nyiaj saus-xaus (kem pab), thiab TAG NRHO TEJ LWM YAM UA TAU LOS (kem plaub). Nyob rau kem Tag Nrho Lwm Yam, sau tej nyiaj xws li nyiaj pab rau neeg muab mob ua tsis tau haujlwm, nyiaj poob haujlwm, nyiaj them rau cov tsis txaus siab ua haujlwm, nyiaj SSI, nyiaj pab tub rog (VA benefits), nyiaj mob ua tsis tau haujlwm, thiab tej nyiaj uas cov neeg tsis nyob ib tse nrog koj muab rau koj, thiab TEJ NYIAJ LWM YAM uas tau los. Yuav tsum qhia tej nyiaj tau ka lai los ntawm ua lagluam, ua teb lossis xoj tsev rau. Ntawm qhov nyiaj ib sab sau qhia saib nquag tau tsawg zaus. Yog koj yog cov luag pab nqi tsev rau tej tub rog nyob (Military Housing Privatization Initiative), mas koj txhob muab tej nqi nyiaj pab tsev no sau rau.
- Kem 3 – Kos tus cim rau yog tsis muaj nyiaj tau los:** Yog tus neeg ntawd tsis muaj nyiaj qhov twg nkag los li, ces kom tus cim rau tas ntawm.
- Qhov 5:** Tus neeg muaj hnub nyoog hauv lub tsev yuav tsum xee daim ntawv thiab sau nws tus nabnpawb xaus-saus rau, lossis kos tus cim rau tas ntawv yog nws tsis muaj.
- Qhov 6:** Teb lo lus no yog koj txaus siab xav teb.

TSEV NEEG TSAB NTAWV TEEV NPE THOV MOV NOJ DAWB THIAB LUV NQI MOV TOM TSEV KAWMNTAWV

Qhov 1. Menyuum hauv Tsev Kawmntawv (Menyuum txais los tu mas yuav tsum ua ib daim rau ib tug)

Tag nrho cov menyuum hauv tsev kawmntawv cov npe (Npe tis, Tus ntawv rau lub npe ua si (Middle Initial), Lub xeev)	Npe Tsev Kawmntawv	Qib Ntawv	Food Stamp lossis TANF tus case # (yog muaj). Hla mus teb Qhov 5 yog koj sau Food Stamp lossis TANF tus case # rau

Qhov 2. Yog tus menyuum koj ua ntawv thov rau tsis muaj vajtsev nyob, nws tsevneeg ua zog ib sij tsim ib qho chaw rau ib qho lossis khiav tawm ntawm tsev ces kos tus cim rau lub tas ntawv raws li hais thiab hu rau [your school, homeless liaison, migrant coordinator at phone #] Tsis muaj tsev nyob ib sij tsim chaw mus ntiav zog ua khiav tawm ntawm tsev

Qhov 3. Menyuum Txais Los Tu

Yog tus menyuum no yog welfare lossis lub tsev coj plaub ntug yog tus muaj cai kav xyuas, ces kos tus cim rau tas ntawv no thiab sau tus nqi nyiaj niav hli tau los siv rau tus menyuum no: \$ _____. Hla mus ua qhov 5

Qhov 4. Tag Nrho Qhov Nyiaj Tsev Neeg Ua Tau - Koj yuav tsum qhia rau peb tias tau pes tsawg thiab nquag tau tsawg zaus.

1. Lub Npe (Sau txhua tus neeg hauv lub tsev npe rau) (Pivxamli)	2. Qhov nyiaj tau los thiab nquag tau tsawg zaus				3. Kos tus cim rau yog TSIS tau nyiaj dab tsi li
	Nyiaj ua zog tau ua ntej yuav raug txiav tawm	Welfare, nyiaj pab yug tus menyuum, nyiaj tej niamtxiv sib nraug es ib tug them yug ib tug	Nyiaj them tuaj rau tus neeg so lossis muaj mob ua tsis tau haujlwm, nyiaj laus, nyiaj xaus-saus	Tag Nrho Lwm yam Nyiaj Tau Los	
Jane Smith	\$200/ib as-thiv	\$150/ib as-thiv	\$100/ib hlis	\$ ____ / ____	<input type="checkbox"/>
	\$ ____ / ____	\$ ____ / ____	\$ ____ / ____	\$ ____ / ____	<input type="checkbox"/>
	\$ ____ / ____	\$ ____ / ____	\$ ____ / ____	\$ ____ / ____	<input type="checkbox"/>
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	\$ ____ / ____	\$ ____ / ____	\$ ____ / ____	\$ ____ / ____	<input type="checkbox"/>
	\$ ____ / ____	\$ ____ / ____	\$ ____ / ____	\$ ____ / ____	<input type="checkbox"/>
	\$ ____ / ____	\$ ____ / ____	\$ ____ / ____	\$ ____ / ____	<input type="checkbox"/>
	\$ ____ / ____	\$ ____ / ____	\$ ____ / ____	\$ ____ / ____	<input type="checkbox"/>

Qhov 5. Xee npe thiab Xaus-Sau Nabnpawb (Cov muaj hnub nyoog yuav tsum xee npe)

Tus muaj hnub nyoog hauv tsevneeg yuav tsum xee npe rau tsab ntawv teev npe no. Yog Qhov 4 raug ua tiav, mas tus muaj hnub nyoog uas xee npe rau tsab ntawv no yuav tsum sau nws tus Xaus-Saus Nabnpawb rau lossis kos tus cim rau tas ntawv tias "Kuv tsis muaj Xaus-Saus Nabnpawb." (xyuas Cov Lus Txog Txoj Cai Npog Cia Tsis Pub Paub nyob nram qab ntawm nploog ntawv no.)
 Kuv lav paub (cog lus) tias cov lus nyob rau hauv tsab ntawv teev npe no mas yog lus tseeb thiab tej nyiajtxiag tau los yeej raug muab qhia tag. Kuv tau taub tias cov lus kuv muab no yuav pab tsev kawmntawv tau txais nyiaj pab tuaj ntawm Tseemfww tebchaws tuaj. Kuv tau taub tias cov neeg ua haujlwm rau tsev kawmntawv tejaum kuj yuav taug xyuas (tshawb xyuas) txog cov lus no. Kuv tau taub tias yog kuv txhob txwm dag, mas tejaum yuav ua rau kuv cov menyuum tsis tau txais kev pab rau tej mov noj thiab tejaum kuv yuav raug foob.

Xee npe nov: X _____ Sau Npe: _____ Hnub tim: _____
 Chaw nyob: _____ Xovtooj Nabnpawb: _____
 Xaus-Sau Nabnpawb: _____ Kuv tsis muaj Xaus-Saus Nabnpawb

Qhov 6. Txog menyuum tawv nqaij thiab haiv neeg (tsis teb los tsis ua cas)

Kos ib tug cim lossis tshaj rau tawv nqaij: Esxias Khab Asmeslivkas lossis Khab Alaskas Xaspasniv lossis Latino
 Dawb Neeg Hawaii lossis Neeg Nroog Hiavtxwv Pacific Tsis Yog Xaspasniv lossis Latino
 Dub lossis African Asmeslivkas Lwm Yam

Kos ib tug cim rau haiv neeg: _____

Txhob teb cov lus ntawm qhov nov. Nov yog rau tsev kawmntawv siv xwb.

Annual Income Conversion: Weekly x 52, Every 2 Weeks x 26, Twice A Month x 24 Monthly x 12

Total Income: _____ Per: Week, Every 2 Weeks, Twice A Month, Month, Year Household size: _____

Categorical Eligibility: _____ Date Withdrawn: _____ Eligibility: Free _____ Reduced _____ Denied _____ Reason: _____

Temporary: Free _____ Reduced _____ Time Period: _____ (expires after _____ days)

Determining Official's Signature: _____ Date: _____

Confirming Official's Signature: _____ Date: _____ Follow-up Official's Signature: _____ Date: _____

Koj tus menyuam tejzaum muaj cuabkav tau txais mov noj dawb lossis luv nqi mov yog koj tsevneeg qhov nyiaj tau los ntawd poob ncaj raws li tus nqi phua tseg nyob hauv lub roojntawv no.

INCOME SCALE

Due to a delay in Congress, it is uncertain when USDA will release the 2010-2011 Income Eligibility Guidelines. We have been instructed to use the 2009/2010 guidelines until further notice.

When Congress releases the modified scale, all meal applications will be re-evaluated and updated to reflect any change in eligibility.

Thank you for your patience.

Cov Lus Txog Txoj Cai Npog Cia Tsis Pub Paub: Nov piav qhia tias peb yuav siv cov lus koj muab li cas. Txoj cai Richard B. Russell National School Lunch Act yuav tseem kom cov lus no mas yuav tsum qhia rau hauv tsab ntawv teev npe no. Cov lus no, koj tsis tas qhia los tsis ua cas, tiamsis yog tsis qhia, mas peb tsis muaj cuab kav yuav pomzoo pub koj tus menyuam tau txais mov noj dawb lossis luv nqi mov. Koj yuav tsum qhia tus xaus-saus nabnpawb ntawm tus laus muaj hnuv nyoog ntawm tsevneeg uas xee tsab ntawv thov no rau. Tsis tas muab tus xaus-saus yog ua thov rau tus menyuam txais los tu lossis yog koj qhia tias tau txais Food Stamp Program, Program Pab Rau Tsevneeg Txom Nyem (TANF) lossis yog muaj tus case nabnpawb qhia tias tau txais Zaub Mov Faib Pub Noj Hauv Khab Zos (FDPIR), lossis lwm hom kev pab FDPIR uas muaj tus nabnpawb rau koj tus menyuam lossis yog koj qhia tias tus laus muaj hnuv nyoog hauv tsevneeg uas xee tsab ntawv thov thab niam muaj xaus-saus nabnpawb. Peb yuav siv cov lus muab tuaj txiav txim xyuas saib koj tus menyuam puas muaj cuabkav tau txais mov noj dawb lossis luv nqi mov, thiab khiav tej haujlwm tswjfwim xyuas txog tej kev pab txog noj su thiab noj tshais. TEJZAUM peb kuj muab cov ntaubntawv qhia txog kam tau txais mov noj ntawd pub rau tej programs txog kev kawmntawv, kev noj qab nyob huv, thiab kev noj haus kom pab lawv ntsuas xyuas, muab nyiaj pab, lossis txiav txim saib yuav muaj dab tsi zoo pab rau lawv cov programs, pub rau cov neeg kuaj xyuas cov programs, thiab cov cob-nab-thib tswjfwim xyuas txog tej haujlwm no xyuas saib puas muaj leejtwg ua txhaum tej kev cai.

Lus Txog Tsis Pub Txhob Txwm Xyeej Tsis Nyiam: Nov qhia txog tias yog koj xav tias luag ua tsis ncaj rau koj mas koj yuav tsum ua li cas. Raws li Tseemfwm tebchaws txoj cai thiab txoj cai nyob rau U.S. Department of Agriculture, mas qhov chaw no tsis pub xwb tim lim hiam xyeej tsis kam vim nqaij tawv, xim nqaij, lub tebchaws tus neeg tuaj, pojniam lossis txivneej, hnuv nyoog, lossis muaj mob xiam oob khab. Yog yuav ua ntaubntawv foob tias luag txhob txwm lim hiam xyeej tsis kam, mas yuav tsum sau mus rau *USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington DC 20250-9410* lossis hu rau 800-795-3272 lossis 202-720-6382 (TTY). USDA yog ib qhov chaw pab thiab chaw ntiav neeg ncaj ncees rau sawvdaws.