
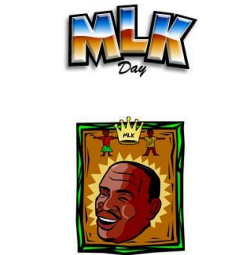



## MAIN LINE MENU

| MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY   |
|--|---|---|---|--|
| <p>1</p>  <p><b>HAPPY NEW YEAR</b></p>   | <p>2</p> <p><b>Italian Dunkers</b> (3 WG Bread Sticks w/ LS Spaghetti Sauce) &amp; 5 RF Mozzarella Sticks (2 Protein &amp; 4 Starch)</p> <p>or</p> <p><b>18 Cuts per pan Fresh Pizza</b> (2 Protein &amp; 2 Starch)</p> <p><u>½ c Vegetables (may take 2)</u><br/>Fresh Baby Carrots<br/>Fresh Cucumbers<br/>Steamed Green Beans</p> <p><u>½ c Fruit (may take 2)</u><br/>Fresh Orange Wedges<br/>Apples Slices<br/>Frozen Peaches</p> <p>2 Asst. Canned/Frozen Fruits</p>  | <p>3</p> <p><b>Tuna Salad w/ Romaine Lettuce</b> Served in a Pita Served w/ a Tomato Salad (2 Protein &amp; 2 Starch)</p> <p>or</p> <p><b>18 Cuts per pan Fresh Pizza</b> (2 Protein &amp; 2 Starch)</p> <p><u>½ c Vegetables (may take 2)</u><br/>Fresh Baby Carrots<br/>Fresh Celery Sticks<br/>Steamed Broccoli</p> <p><u>½ c Fruit (may take 2)</u><br/>Fresh Apple<br/>Fresh Orange Wedges<br/>Apples Slices</p> <p>2 Asst. Canned/Frozen Fruits</p>   | <p>4</p> <p><b>Baked Potato</b> Served w/ 2 oz Homemade Meat Sauce, 2 oz Melted Cheese, 2 oz RF Sour Cream and 2 Slices of WW Bread (2 Protein &amp; 2 Starch &amp; 2 Veg)</p> <p>or</p> <p><b>18 Cuts per pan Fresh Pizza</b> (2 Protein &amp; 2 Starch)</p> <p><u>½ c Vegetables (may take 2)</u><br/>Fresh Baby Carrots<br/>Fresh Cucumbers<br/>Steamed Corn</p> <p><u>½ c Fruit (may take 2)</u><br/>Fresh Orange Wedges<br/>Apples Slices<br/>Strawberries</p> <p>2 Asst. Canned/Frozen Fruits</p> | <p>5</p> <p><b>1 c WG Penne</b> Served w/Homemade Spaghetti Meat Sauce &amp; 2 oz cup of Moz Cheese (2 ½ Protein &amp; 2 Starch)</p> <p>or</p> <p><b>18 Cuts per pan Fresh Pizza</b> (2 Protein &amp; 2 Starch)</p> <p><u>½ c Vegetables (may take 2)</u><br/>Assorted Fresh Vegetables<br/>Homemade Legume salad</p> <p><u>½ c Fruit (may take 2)</u><br/>Assorted Fresh Apples Slices</p> <p>3 Asst. Canned/Frozen Fruits</p>  |
| <p>8</p> <p><b>Meatloaf Sandwich</b> on a WG Bun Served w/ 10 Tater Tots (2 Protein &amp; 2 Starch)</p> <p>or</p> <p><b>18 Cuts per pan Fresh Pizza</b> (2 Protein &amp; 2 Starch)</p> <p><u>½ c Vegetables (may take 2)</u><br/>Fresh Celery Sticks<br/>Steamed Peas</p> <p><u>½ c Fruit (may take 2)</u><br/>Fresh Apple<br/>Fresh Orange Wedges<br/>Apples Slices</p> <p>2 Asst. Canned/Frozen Fruits</p>                   | <p>9</p> <p><b>Italian Dunkers</b> (3 WG Bread Sticks w/ LS Spaghetti Sauce) &amp; 5 RF Mozzarella Sticks (2 Protein &amp; 4 Starch)</p> <p>or</p> <p><b>18 Cuts per pan Fresh Pizza</b> (2 Protein &amp; 2 Starch)</p> <p><u>½ c Vegetables (may take 2)</u><br/>Fresh Baby Carrots<br/>Fresh Cucumbers<br/>Steamed Green Beans</p> <p><u>½ c Fruit (may take 2)</u><br/>Fresh Orange Wedges<br/>Apples Slices<br/>Frozen Peaches</p> <p>2 Asst. Canned/Frozen Fruits</p>  | <p>10</p> <p><b>2 ½ oz RS Ham &amp; ½ oz American Cheese on a WG Croissant</b> Served w/ 10 Tater Tots (3 Protein &amp; 2 Starch)</p> <p>or</p> <p><b>18 Cuts per pan Fresh Pizza</b> (2 Protein &amp; 2 Starch)</p> <p><u>½ c Vegetables (may take 2)</u><br/>Fresh Baby Carrots<br/>Fresh Celery Sticks<br/>Steamed Broccoli</p> <p><u>½ c Fruit (may take 2)</u><br/>Fresh Apple<br/>Fresh Orange Wedges<br/>Apples Slices</p> <p>2 Asst. Canned/Frozen Fruits</p>   | <p>11</p> <p><b>WG Chicken Quesadilla Pizza</b> Served w/ Salsa (2 Protein &amp; 2 Starch)</p> <p>or</p> <p><b>18 Cuts per pan Fresh Pizza</b> (2 Protein &amp; 2 Starch)</p> <p><u>½ c Vegetables (may take 2)</u><br/>Fresh Baby Carrots<br/>Fresh Cucumbers<br/>Steamed Corn</p> <p><u>½ c Fruit (may take 2)</u><br/>Fresh Orange Wedges<br/>Apples Slices<br/>Strawberries</p> <p>2 Asst. Canned/Frozen Fruits</p>   | <p>12</p> <p><b>Pepperoni Stuffed Crust Pizza</b> (2 Protein &amp; 2 Starch)</p> <p>or</p> <p><b>18 Cuts per pan Fresh Pizza</b> (2 Protein &amp; 2 Starch)</p> <p><u>½ c Vegetables (may take 2)</u><br/>Assorted Fresh Vegetables<br/>Vegetarian Beans</p> <p><u>½ c Fruit (may take 2)</u><br/>Assorted Fresh Fruit<br/>Apples Slices</p> <p>3 Asst. Canned/Frozen Fruits</p>   |
| <p>15</p>  <p><b>Milk Day</b></p>   | <p>16</p> <p><b>Italian Dunkers</b> (3 WG Bread Sticks w/ LS Spaghetti Sauce) &amp; 5 RF Mozzarella Sticks (2 Protein &amp; 4 Starch)</p> <p>or</p> <p><b>18 Cuts per pan Fresh Pizza</b> (2 Protein &amp; 2 Starch)</p> <p><u>½ c Vegetables (may take 2)</u><br/>Fresh Baby Carrots<br/>Fresh Cucumbers<br/>Steamed Green Beans</p> <p><u>½ c Fruit (may take 2)</u><br/>Fresh Orange Wedges<br/>Apples Slices<br/>Frozen Peaches</p> <p>2 Asst. Canned/Frozen Fruits</p> | <p>17</p> <p><b>Grilled Chicken &amp; Cheese</b> on a Bun w/ Lettuce and Tomato Served w/ 1 PC of Ranch (2 1/2 Protein &amp; 2 Starch)</p> <p>or</p> <p><b>18 Cuts per pan Fresh Pizza</b> (2 Protein &amp; 2 Starch)</p> <p><u>½ c Vegetables (may take 2)</u><br/>Fresh Baby Carrots<br/>Fresh Celery Sticks<br/>Steamed Broccoli</p> <p><u>½ c Fruit (may take 2)</u><br/>Fresh Apple<br/>Fresh Orange Wedges<br/>Apples Slices</p> <p>2 Asst. Canned/Frozen Fruits</p>                                      | <p>18</p> <p><b>Oven Roasted Sliced Turkey</b> Served w/ Homemade Apple Cinnamon Stuffing, Mashed Potatoes and WG Dinner Roll</p> <p>or</p> <p><b>18 Cuts per pan Fresh Pizza</b> (2 Protein &amp; 2 Starch)</p> <p><u>½ c Vegetables (may take 2)</u><br/>Fresh Baby Carrots<br/>Fresh Cucumbers<br/>Steamed Corn</p> <p><u>½ c Fruit (may take 2)</u><br/>Fresh Orange Wedges<br/>Apples Slices<br/>Strawberries</p> <p>2 Asst. Canned/Frozen Fruits</p>  | <p>19</p> <p><b>2 ½ oz RS Ham &amp; ½ oz American Cheese on a WG Croissant</b> Served w/ 10 Tater Tots (3 Protein &amp; 2 Starch)</p> <p>or</p> <p><b>18 Cuts per pan Fresh Pizza</b> (2 Protein &amp; 2 Starch)</p> <p><u>½ c Vegetables (may take 2)</u><br/>Assorted Fresh Vegetables<br/>Homemade Legume salad</p> <p><u>½ c Fruit (may take 2)</u><br/>Assorted Fresh Apples Slices</p> <p>3 Asst. Canned/Frozen Fruits</p> |
| <p>22</p> <p><b>2 Bosco Sticks</b> Served in a bag w/ ½ cup Marinara Sauce (2 Protein &amp; 2 Starch)</p> <p>or</p> <p><b>18 Cuts per pan Fresh Pizza</b> (2 Protein &amp; 2 Starch)</p> <p><u>½ c Vegetables (may take 2)</u><br/>Fresh Celery Sticks<br/>Steamed Peas</p> <p><u>½ c Fruit (may take 2)</u><br/>Fresh Apple<br/>Fresh Orange Wedges<br/>Apples Slices</p> <p>2 Asst. Canned/Frozen Fruits</p>                 | <p>23</p> <p><b>Italian Dunkers</b> (3 WG Bread Sticks w/ LS Spaghetti Sauce) &amp; 5 RF Mozzarella Sticks (2 Protein &amp; 4 Starch)</p> <p>or</p> <p><b>18 Cuts per pan Fresh Pizza</b> (2 Protein &amp; 2 Starch)</p> <p><u>½ c Vegetables (may take 2)</u><br/>Fresh Baby Carrots<br/>Fresh Cucumbers<br/>Steamed Green Beans</p> <p><u>½ c Fruit (may take 2)</u><br/>Fresh Orange Wedges<br/>Apples Slices<br/>Frozen Peaches</p> <p>2 Asst. Canned/Frozen Fruits</p> | <p>24</p> <p><b>2 oz WG Grilled Cheese Sandwich Served w/ Tomato Soup</b> (2 Protein &amp; 2 Starch)</p> <p>or</p> <p><b>18 Cuts per pan Fresh Pizza</b> (2 Protein &amp; 2 Starch)</p> <p><u>½ c Vegetables (may take 2)</u><br/>Fresh Baby Carrots<br/>Fresh Celery Sticks<br/>Steamed Broccoli</p> <p><u>½ c Fruit (may take 2)</u><br/>Fresh Apple<br/>Fresh Orange Wedges<br/>Apples Slices</p> <p>2 Asst. Canned/Frozen Fruits</p>  | <p>25</p> <p><b>1 c WG Macaroni &amp; Cheese</b> Served w/ 3 oz Cheese Sauce Over Top (2 Protein &amp; 2 Starch)</p> <p>or</p> <p><b>18 Cuts per pan Fresh Pizza</b> (2 Protein &amp; 2 Starch)</p> <p><u>½ c Vegetables (may take 2)</u><br/>Fresh Baby Carrots<br/>Fresh Cucumbers<br/>Steamed Corn</p> <p><u>½ c Fruit (may take 2)</u><br/>Fresh Orange Wedges<br/>Apples Slices<br/>Strawberries</p> <p>2 Asst. Canned/Frozen Fruits</p>   | <p>26</p> <p><b>2 Hot Dogs</b> Served on a WG Bun (2 Protein &amp; 2 Starch)</p> <p>or</p> <p><b>18 Cuts per pan Fresh Pizza</b> (2 Protein &amp; 2 Starch)</p> <p><u>½ c Vegetables (may take 2)</u><br/>Assorted Fresh Vegetables<br/>Vegetarian Beans</p> <p><u>½ c Fruit (may take 2)</u><br/>Assorted Fresh Fruit<br/>Apples Slices</p> <p>3 Asst. Canned/Frozen Fruits</p>   |
| <p>29</p> <p><b>Chicken Breast w/ Spaghetti Sauce &amp; Moz. Cheese</b> Served on a WW Bun (2 Protein &amp; 3 Starch)</p> <p>or</p> <p><b>18 Cuts per pan Fresh Pizza</b> (2 Protein &amp; 2 Starch)</p> <p><u>½ c Vegetables (may take 2)</u><br/>Fresh Celery Sticks<br/>Steamed Peas</p> <p><u>½ c Fruit (may take 2)</u><br/>Fresh Apple<br/>Fresh Orange Wedges<br/>Apples Slices</p> <p>2 Asst. Canned/Frozen Fruits</p> | <p>30</p> <p><b>Italian Dunkers</b> (3 WG Bread Sticks w/ LS Spaghetti Sauce) &amp; 5 RF Mozzarella Sticks (2 Protein &amp; 4 Starch)</p> <p>or</p> <p><b>18 Cuts per pan Fresh Pizza</b> (2 Protein &amp; 2 Starch)</p> <p><u>½ c Vegetables (may take 2)</u><br/>Fresh Baby Carrots<br/>Fresh Cucumbers<br/>Steamed Green Beans</p> <p><u>½ c Fruit (may take 2)</u><br/>Fresh Orange Wedges<br/>Apples Slices<br/>Frozen Peaches</p> <p>2 Asst. Canned/Frozen Fruits</p> | <p>31</p> <p><b>Baked Potato</b> Served w/ 2 oz Homemade Meat Sauce, 2 oz Melted Cheese, 2 oz RF Sour Cream and 2 Slices of WW Bread (2 Protein &amp; 2 Starch &amp; 2 Veg)</p> <p>or</p> <p><b>18 Cuts per pan Fresh Pizza</b> (2 Protein &amp; 2 Starch)</p> <p><u>½ c Vegetables (may take 2)</u><br/>Fresh Baby Carrots<br/>Fresh Celery Sticks<br/>Steamed Broccoli</p> <p><u>½ c Fruit (may take 2)</u><br/>Fresh Apple<br/>Fresh Orange Wedges<br/>Apples Slices</p> <p>2 Asst. Canned/Frozen Fruits</p> | <p><b>What is a meal?</b><br/><b>An Entrée (Protein &amp; Grain usually ie: Hamburger on a Bun or Pizza)</b><br/><b>2 Fruits</b><br/><b>2 Vegetables</b><br/><b>A Low Fat Milk</b></p>  | <p><b>A fruit or vegetable must be taken by a student for a meal to be reimbursable otherwise ala carte pricing will be charged</b></p>   |

# Available Daily at the Middle School

| MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY |
|--|---|---|---|--------|
| <p><u>Donna's Line</u><br/> <b>El Loco Bar: (Gluten Free)</b><br/>                     1 Package Baked Scoops<br/>                     or<br/>                     1-8" WG Tortilla<br/>                     2 oz Cut up Chicken<br/>                     or<br/>                     2 oz Beef<br/>                     1/4c c Black<br/>                     1/2 c Long Grain Rice<br/>                     1 oz cup Grated Cheddar Cheese<br/>                     1 c Chopped Romaine Lettuce<br/>                     1/8 c Diced Tomatoes<br/>                     1 TBSP Chopped Onions<br/>                     1 TBSP Sliced Jalapenos<br/>                     1 oz Sour Cream<br/>                     2 oz Salsa<br/>                     Served w/ Fruit &amp; Milk</p> <p><u>Lea's Grab &amp; Go Line</u><br/>                     2.5 oz Lean Hamburger or Cheeseburger on a WG Bun<br/>                     or<br/>                     3 oz Spicy Chicken Patty on a WG Bun<br/>                     or<br/>                     3 oz Breaded Chicken Pattie on a WG Bun<br/>                     or<br/>                     3 oz Grilled Chicken on a WG Bun<br/>                     or<br/>                     6 Chicken Nuggets &amp; WW Dinner Roll<br/>                     All Above Served w/2 Assorted Fruits &amp; 2 Assorted Vegetables and Low Fat Milk</p> <p><u>Debbie's Hot Chicken Wrap Line</u><br/>                     8.25" WG Wrap<br/>                     Breaded Chicken<br/>                     BBQ Chicken<br/>                     Ranchero Chicken<br/>                     Buffalo Chicken<br/>                     Turkey Bacon<br/>                     Tuna Salad<br/>                     All Above Served w/2 Assorted Fruits &amp; 2 Assorted Vegetables and Low Fat Milk<br/> <b>Ala Carte:</b><br/>                     10 oz Mixed Berry Yogurt Smoothie<br/>                     8 oz Carrot &amp; Celery Sticks w/ Ranch Dressing<br/>                     10 oz Fruit Cup</p> | <p><u>Donna's Line</u><br/> <b>El Loco Bar: (Gluten Free)</b><br/>                     1 Package Baked Scoops<br/>                     or<br/>                     1-8" WG Tortilla<br/>                     2 oz Cut up Chicken<br/>                     or<br/>                     2 oz Beef<br/>                     1/4 c Black<br/>                     1/2 c Long Grain Rice<br/>                     1 oz cup Grated Cheddar Cheese<br/>                     1 c Chopped Romaine Lettuce<br/>                     1/8 c Diced Tomatoes<br/>                     1 TBSP Chopped Onions<br/>                     1 TBSP Sliced Jalapenos<br/>                     1 oz Sour Cream<br/>                     2 oz Salsa<br/>                     Served w/ Fruit &amp; Milk</p> <p><u>Lea's Grab &amp; Go Line</u><br/>                     2.5 oz Lean Hamburger or Cheeseburger on a WG Bun<br/>                     or<br/>                     3 oz Spicy Chicken Patty on a WG Bun<br/>                     or<br/>                     3 oz Breaded Chicken Pattie on a WG Bun<br/>                     or<br/>                     3 oz Grilled Chicken on a WG Bun<br/>                     or<br/>                     6 Chicken Nuggets &amp; WW Dinner Roll<br/>                     All Above Served w/2 Assorted Fruits &amp; 2 Assorted Vegetables and Low Fat Milk</p> <p><u>Debbie's Hot Chicken Wrap Line</u><br/>                     8.25" WG Wrap<br/>                     Breaded Chicken<br/>                     BBQ Chicken<br/>                     Ranchero Chicken<br/>                     Buffalo Chicken<br/>                     Turkey Bacon<br/>                     Tuna Salad<br/>                     All Above Served w/2 Assorted Fruits &amp; 2 Assorted Vegetables and Low Fat Milk<br/> <b>Ala Carte:</b><br/>                     10 oz Mixed Berry Yogurt Smoothie<br/>                     8 oz Carrot &amp; Celery Sticks w/ Ranch Dressing<br/>                     10 oz Fruit Cup</p> | <p><u>Donna's Line</u><br/> <b>El Loco Bar: (Gluten Free)</b><br/>                     1 Package Baked Scoops<br/>                     or<br/>                     1-8" WG Tortilla<br/>                     2 oz Cut up Chicken<br/>                     or<br/>                     2 oz Beef<br/>                     1/4 c Black<br/>                     1/2 c Long Grain Rice<br/>                     1 oz cup Grated Cheddar Cheese<br/>                     1 c Chopped Romaine Lettuce<br/>                     1/8 c Diced Tomatoes<br/>                     1 TBSP Chopped Onions<br/>                     1 TBSP Sliced Jalapenos<br/>                     1 oz Sour Cream<br/>                     2 oz Salsa<br/>                     Served w/ Fruit &amp; Milk</p> <p><u>Lea's Grab &amp; Go Line</u><br/>                     2.5 oz Lean Hamburger or Cheeseburger on a WG Bun<br/>                     or<br/>                     3 oz Spicy Chicken Patty on a WG Bun<br/>                     or<br/>                     3 oz Breaded Chicken Pattie on a WG Bun<br/>                     or<br/>                     3 oz Grilled Chicken on a WG Bun<br/>                     or<br/>                     6 Chicken Nuggets &amp; WW Dinner Roll<br/>                     All Above Served w/2 Assorted Fruits &amp; 2 Assorted Vegetables and Low Fat Milk</p> <p><u>Debbie's Hot Chicken Wrap Line</u><br/>                     8.25" WG Wrap<br/>                     Breaded Chicken<br/>                     BBQ Chicken<br/>                     Ranchero Chicken<br/>                     Buffalo Chicken<br/>                     Turkey Bacon<br/>                     Tuna Salad<br/>                     All Above Served w/2 Assorted Fruits &amp; 2 Assorted Vegetables and Low Fat Milk<br/> <b>Ala Carte:</b><br/>                     10 oz Mixed Berry Yogurt Smoothie<br/>                     8 oz Carrot &amp; Celery Sticks w/ Ranch Dressing<br/>                     10 oz Fruit Cup</p> | <p><u>Donna's Line</u><br/> <b>El Loco Bar: (Gluten Free)</b><br/>                     1 Package Baked Scoops<br/>                     or<br/>                     1-8" WG Tortilla<br/>                     2 oz Cut up Chicken<br/>                     or<br/>                     2 oz Beef<br/>                     1/4 c Black<br/>                     1/2 c Long Grain Rice<br/>                     1 oz cup Grated Cheddar Cheese<br/>                     1 c Chopped Romaine Lettuce<br/>                     1/8 c Diced Tomatoes<br/>                     1 TBSP Chopped Onions<br/>                     1 TBSP Sliced Jalapenos<br/>                     1 oz Sour Cream<br/>                     2 oz Salsa<br/>                     Served w/ Fruit &amp; Milk</p> <p><u>Lea's Grab &amp; Go Line</u><br/>                     2.5 oz Lean Hamburger or Cheeseburger on a WG Bun<br/>                     or<br/>                     3 oz Spicy Chicken Patty on a WG Bun<br/>                     or<br/>                     3 oz Breaded Chicken Pattie on a WG Bun<br/>                     or<br/>                     3 oz Grilled Chicken on a WG Bun<br/>                     or<br/>                     6 Chicken Nuggets &amp; WW Dinner Roll<br/>                     All Above Served w/2 Assorted Fruits &amp; 2 Assorted Vegetables and Low Fat Milk</p> <p><u>Debbie's Hot Chicken Wrap Line</u><br/>                     8.25" WG Wrap<br/>                     Breaded Chicken<br/>                     BBQ Chicken<br/>                     Ranchero Chicken<br/>                     Buffalo Chicken<br/>                     Turkey Bacon<br/>                     Tuna Salad<br/>                     All Above Served w/2 Assorted Fruits &amp; 2 Assorted Vegetables and Low Fat Milk<br/> <b>Ala Carte:</b><br/>                     10 oz Mixed Berry Yogurt Smoothie<br/>                     8 oz Carrot &amp; Celery Sticks w/ Ranch Dressing<br/>                     10 oz Fruit Cup</p> |        |

**New State & Federal Regulations for 2017-2018**

1/2 - 3/4c Fruit Serving (1/2 c portions served may take 2 daily)

1/2 - 3/4c Vegetable Serving (1/2 c portions served may take 2 daily)

(weekly minimums: 1/2c legumes, 1/2c dark greens, 3/4c red/orange, 1/2c starchy, 1/2c other, Plus an addition 1c weekly)

1-2 Grains Per day, minimum 8 per week

1-2oz Protein per day, minimum 9 per week

8oz Low Fat Milk (1%, Skim and Flavored Skim Milks offered)

Minimum- Maximum Calories 600-700

Saturated Fat- Less than 10 % of Total Calories

Sodium- 1360 mg or less

Zero Trans Fats

WG: Whole Grain    WW: Whole Wheat    LS: Low Sodium    RF: Reduced Fat

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Student Lunch Price: \$3.05    Milk: \$.60    Adult Lunch Price \$3.45 plus tax

A fruit or vegetable must be taken by a student for a meal to be reimbursable otherwise ala carte pricing will be charged

**Non-discrimination Statement:**

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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  
 Washington, D.C. 20250-9410;  
 (2) fax: (202) 690-7442; or  
 (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).  
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