



Welcome Letter to Parents from Nutrition

The Liberty Union High School District takes part in the National School Lunch/Breakfast programs and due to CA 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

Fill out a Free & Reduced form HERE:

<https://lingconnect.com/public/meal-application/new>

Add money to student account for additional meals or A La Carte items here:

<https://lingconnect.com/main>

Information about the LUHSD Food Service Department:

Kelley Ellison: ellisonk@luhsd.net (925) 625-5900 x 3549,
Freedom High School Cafeteria Coordinator

Heidi Ellingson: ellingso@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)