

2009/10

**Nutrition Services tau tsim cov lus nquag Nug thiab Teb no sau rau tej ntawv xov xwm lossis ntawv qhia rau cov niam txiv kom paub txog cov Zaub Mov Dawb/Luv Nqi. Yog tias koj muaj lus nug dabtsi thov hu rau Amy Thering ntawm 651-603-4953. Lus qhia - Cov hoob kas tim tsev kawm ntawv yuav tau txais cov ntawv thiab hnab ntawv thov kev pab rau lub Yim hli ntuj. Thaum twg koj xav tau ntxiv, thov hu rau Nutrition Services ntawm 603-4950.**

### **Daim ntawv Nug thiab Teb txog Zaub Mov Dawb/Luv Nqi**

**Kuv puas yuav tau ua ntawv thov kev pab txhua xyoo kawm ntawv?** Tau, peb yuav tsum tau txais ib daim ntawv thov kev pab tshiab rau thaum yuav pib xyoo kawm ntawv, ib daim ntawv siv tau rau ib tsev neeg xam tag nrho cov menyuam kawm ntawv.

**Kuv yuav mus muab tau daim ntawv thov kev pab tshiab qhov twg?** Daim ntawv thov kev pab thiab lub hnab ntawv uas twb ntaus thwj xa dawb muaj nyob rau hauv *Phau ntawv qhiat xog SPPS Rov Qab Mus Kawm Ntawv* uas muab xa tuaj rau txhua tsev neeg rau thaum lub Yim hli ntuj. Koj siv tau lub hnab ntawv uas twb ntaus thwj xa dawb. Yog tias koj teb thiab xa mus rau Nutrition Services sai li sai tau, ces peb yuav xyuas daim ntawv ua ntej pib kawm ntawv. Ua zoo kuaj kom teb txhua nqe lus tiav log tsis li ces tej zaum yuav theem. Muaj cov ntawv thov kev pab nyob rau hauv lub tsev noj mov thiab hoob kas.

**Qhov lawv tau zaub mov dawb lossis luv nqi no puas siv tau rau lwm xyoo thiab?** Tau, tab sis tsuas tau rau thawj 30 hnuv pib kawm ntawv xwb. Yog tias peb txais tsis tau koj daim ntawv thov kev pab ua ntej lub Kaum hli 19, 2009, ces koj cov menyuam yuav tsum them tag nrho tus nqi noj mov. Cov menyuam kawm ntawv yuav tsum muaj nyiaj nyob hauv lawv cov as-khauj thiaj li them tau zaub mov. Nqi noj sus yog \$1.75 rau cov kawm qib elementary hos \$2.00 rau cov kawm qib secondary (siab yog ntxiv yog nyob hauv Harambee, Achieve Academy thiab Community of Peace) Yog tias peb txais tau daim ntawv thov kev pab es lawv mam muaj feem tau zaub mov Dawb lossis Luv nqi, ces cov niam txiv yuav tau them cov nqi zaub mov uas twb tsub rau tus menyuam tus as-khauj ua ntej hnuv uas tus menyuam muaj feem tau kev pab lawm.

**Cov ntawv thov kev pab puas muaj sau ua lwm hom lus?** Muaj, sau ua lus Hmoob, Somali thiab Mev nrog rau cov lus txhais qhia tias yuav teb li cas. Hu rau Su ntawm 651-603-4954 yog koj xav kom xa ib daim tuaj rau koj.

**Puas muaj kev pab txhais lus rau ua daim ntawv thov kev pab no.** Muaj, nej hu tau rau Nutrition Services tus xov tooj (651) 603-4950 ces peb yuav nrhiav ib tug neeg txhais lus los nrog them tham hauv xov tooj lossis kuj muaj cov neeg txhais lus nyob rau tim cov tsev kawm ntawv thiab.

**Kuv puas yuav tsum tau ua daim ntawv thov kev pab yog tias kuv cov nyiaj hli siab heev lawm?** Tsis, koj tsis tas yuav tsum thov kev pab. Tiam sis, tej zaum nws yuav pab lub cheeb tsam (district) txuag tau nyiaj yog nws paub li no es thiaj li tsis lam xa cov ntawv thov kev pab tuaj rau koj.

**Kuv yuav hu rau leej twg yog tias kuv muaj lus nug txog cov lus hauv daim ntawv thov kev pab?** Hu rau Nutrition Services ntawm (651) 603-4950.

## **Cov lus nquag Nug thiab Teb txog Nqi Zaub Mov thiab Kev Them Nqi**

***Kuv yuav ua li cas them kuv tus (cov) menyuam cov zaub mov?*** Nws muaj ntau txoj hau kev them cov nqi hauv lawv cov as-khauj.

Mus rau [www.paypams.com](http://www.paypams.com) ces mus tsim ib tug as-khauj uas txawm koj nyob tom koj tsev los siv tau them nqi. Muaj kev them nqi tes-maus-tiv txhua hli, kev xa e-mail tuaj qhia txog tias tiv nqi pes tsawg, them tau nqi hauv xov tooj thiab lwm txoj kev them nqi. Tag nrho koj cov menyuam yuav koom rau tib tug as-khauj. Siv cov npav credit, npav rho nyiaj lossis xa nyiaj raws as-khauj tso nyiaj.

LOSSIS muab ib daim tshev nyiaj los yog nyiaj ntsuag rau koj tus menyuam nqa mus them tim tsev kawm ntawv. Muab cia rau ib lub hnab ntawv uas sau tus menyuam lub npe thiab tus lej as-khauj. Cov tshev nyiaj yuav tsum yog cov muab rau Nutrition Services nkaus xwb, es sau them rau Saint Paul Nutrition Services, thiab yuav tsum rau koj tus menyuam lub npe rau kab ntawv sau lus thiab tus xov tooj rau ntawm daim tshev nyiaj. Sau kom txwm txwm, vim yuav tsis rov nyiaj sau tshev los yog nyiaj ntsuab.

***Kuv yuav ua li cas paub tias thaum twg kuv yuav tsum tso nyiaj ntxiv?*** Txhua hnuv Friday, peb yuav hu xov tooj tuaj rau cov tsev neeg uas tshuav nyiaj tsawg tsawg lossis twb siv nyiaj tshaj lawm. Cov chaw noj mov tim tsev kawm ntawv kuj xa ntawv nrog menyuam yaus los tsev kom nrog nco txog cov nyiaj yuav them thiab. Thiab koj mus saib tau koj cov nyiaj ntawm [www.paypams.com](http://www.paypams.com) lossis rau ntawm daim vev-xaij rau niam txiv Parent Portal (ncua 2 hnuv). Koj kuj hu tau mus nug tim qhov chaw noj mov thiab.

***Kuv cov menyuam puas yuav tsis tau zaub mov noj yog tias tsis tshuav nyiaj hauv lawv tus as-khauj lawm?*** Pub cov menyuam kawm qib elementary noj txog 5 zaus ua ntej tsis them nqi, cov kawm qib secondary pub noj txog 1 zaus ua ntej. Yog tias lawv twb noj tag qhov uas pub lawv noj ua ntej lawm, ces peb yuav muab ib lub cheese sandwich thiab mis nyuj rau lawv noj lawm xwb. Yuav tsis pub noj cov zaub mov uas yog nyob ib cag yog tsis tau them nqi. Yog dhau lub Tsib hlis 15<sup>th</sup> lawm, ces yuav tsis pub noj zaub mov ua ntej lawm yog li nco ntsoov xyuas tias kom lawv muaj nyiaj txaus nyob hauv as-khauj. Cov nyiaj uas seem tom qab lub xyoo kawm ntawv xaus yuav muab ntxiv rau lub xyoo tom ntej, tab txawm tiav tus menyuam pauv mus kawm rau lwm lub tsev kawm ntawv hauv St. Paul Public School lwm los xij.

***Pluas tshais thiab puas su raug nqi li cas?*** Yog tias koj muaj feem tau txais zaub mov Lus nqi, ces puas su yog .40 hos puas tshais yog noj dawb. Yog tias koj tsis muaj feem tau txais zaub mov Dawb lossis Luv nqi, ces puas su rau cov tsev kawm ntawv elementary yog \$1.75 hos \$2.00 rau tim qib Secondary; puas tshais yog \$.65 rau cov kawm elementary hos \$.70 rau cov kawm secondary. (Tiam sis, kuj muaj ntau lub tsev kawm ntawv uas koom rau hauv txoj kev pab muab puas tshais dawb rau cov menyuam kawm ntawv).

***Yog tias kuv tus menyuam muaj feem tau su noj Dawb, ua li cas tus as-khauj nyiaj thiaj li nyob rau qhov tiv nqi?*** Cov niam txiv yog cov yuav tsum tau them cov nqi zaub mov hauv tus as-khauj txog txij uas tau txais kev pom zoo rau daim ntawv thov kev pab. Nws tsis yog yuav pab kiag thaum nej xa daim ntawv thov kev pab tuaj. Koj yuav tau txais ib daim ntawv tim Nutrition Services tuaj qhia koj tias hnuv twg yog hnuv lawv yuav pib tau txais su noj dawb lossis luv nqi. Ua ntej qhov ntawd, thov xa nyiaj tuaj them lawv cov su thiab/lossis tshais.