

National School Lunch & School Breakfast Programs

www.eatsmartmaryland.org

What are the National School Lunch and School Breakfast Programs?

The National School Lunch Program (NSLP) and School Breakfast Program (SBP) are federally-funded nutrition programs administered by the Maryland State Department of Education (MSDE). These programs provide nutritionally balanced meals to children each school day. Some children can receive free or very low-cost meals.

For millions of children across America, the NSLP and SBP make an essential contribution to daily nutrient intake. Over a week's time, school lunch provides at least 33 percent of a student's Recommended Dietary Allowance (RDA) for protein, calcium, iron, Vitamin A, and Vitamin C; school breakfast provides at least 25 percent. This dedication to good health is particularly important during a time when childhood obesity is on the rise for our nation's youth. The paradox of hunger and obesity is increasingly evident. The NSLP and SBP address these child nutrition issues.

Benefits

- Nutritious meals for children
- Well-nourished children perform better academically and socially
- Monthly cash reimbursement to help subsidize food service costs

There is Such a Thing as a Free Lunch (and breakfast!)

Children from families with incomes at or below 130 percent of the poverty level are eligible for free meals.

Children from families with incomes between 130 percent and 185 percent of the poverty level are eligible for reduced-price meals.

These students pay no more than 40 cents for lunch and 30 cents for breakfast.

Contact your school nutrition department to fill out a school meal application.

Eligible Programs

- Public Schools
- Nonprofit private schools
- Public or private nonprofit licensed residential child care centers

A Great Value

School Lunch vs. Bagged Lunch

\$2.08

\$3.43

(comparison of national averages)

On average it costs less to buy a school lunch than to bring a lunch (of the same nutritional value) from home.

Learn More!

Maryland State Department of Education
School & Community Nutrition Programs Branch

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