

MD School Breakfast and Lunch Programs

What is the Maryland School Breakfast and Lunch Program?

The Maryland School Breakfast and Lunch Programs provide nutritionally balanced, low-cost or free lunches to school-aged children. The program is available to parents or primary caregivers responsible for a child who attends school (K-12).

How does it work?

The reduced price is \$0.30 for breakfast and \$0.40 for lunch. Lunch menus must provide one-third of the daily-recommended levels for protein, calcium, iron, Vitamin A, Vitamin C and calories. Breakfast menus must provide one-fourth of daily-recommended levels. After-school snacks are given to eligible children in participating after-school programs. Programs in areas where 50% of students are eligible for free or reduced-price meals may serve all of their snacks for free.

Income Limits

Free or Reduced Meals

People in Household*	Yearly Income	Monthly Income	Weekly Income
1	\$20,036	\$1,670	\$386
2	26,955	2,247	519
3	33,874	2,823	652
4	40,793	3,400	785
5	47,712	3,976	918
6	54,631	4,553	1,051
7	61,550	5,130	1,184
8	68,469	5,706	1,317
Each additional member	+6,919	+577	+134

Adapted from: Free & Reduced Meal Income Guidelines. Montgomery County Public Schools. 28 June 2010.
<http://www.montgomeryschoolsmd.org/departments/foodserv/farms/guidelines.shtm>

How does one apply?

- Ask about programs, pick up an application, or submit an application at your local school.
- Contact a Maryland School and Community Nutrition office.
- Download an [application](#) (in several languages) found on the [Montgomery County Public Schools Food and Nutrition Services](#) webpage. You can mail the completed application directly to the MCPS Food and Nutrition Services office (at the address below).
- Visit the Maryland School and Nutrition Programs website for more information.

Contact Information

Montgomery County Public Schools
Division of Food and Nutrition Services
16644 Crabbs Branch Way
Rockville, MD 20855
Phone: (301) 840-8170

Maryland School and Community Nutrition office
Phone: (410) 767-0199

School and Community Nutrition Programs Branch
Maryland State Department of Education
200 West Baltimore Street
Baltimore, MD 21201
Phone: 410-767-0199
TTY/TDD: (410) 333-6442
Fax: (410) 333-2635 / (410) 333-2619