

# 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