

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](http://www.montgomeryschoolsmd.org/departments/foodserv/farms/guidelines.shtm). 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.
- Pick up an application at a school near you. Or call (301) 952-6517 to have an application mailed to your home.

Visit the [Maryland School and Nutrition Programs website](#) for more information on reduced-price and free meals.

Contact Information

Prince George's County Public Schools
Food and Nutrition Services
Phone: (301) 952-6517

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