

<b>RSU - MSAD 49</b> <b>SCHOOL NUTRITION PROGRAM INFORMATION 2016 - 2017</b>
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Elementary Schools	Breakfast = No Charge
Elementary Schools	Lunch, paid = \$2.20 Lunch, reduced = \$ .40
Middle School and High School	Breakfast = No Charge
Middle School and High School	Lunch, paid = \$2.80 Lunch, reduced = \$ .40
Staff , Teachers, Administrators	Breakfast = \$ 1.75 Lunch = \$5.00

RSU/MSAD #49 continues to provide breakfast for every student in the district at no cost to families. Any child at a participating school may receive a meal through the School Breakfast Program regardless of household income. Eating breakfast as a child is important and can help improve math, reading, and standardized test scores as well as establishing healthy habits for later in life.

A low fat or skim milk variety is offered with every meal, menus are subject to change without notice, all grains/bread products meet the USDA Whole Grain requirements for NSLP, NSB and HUSSC. A School Nutrition Menu will be posted at each school and on the District Website.

Sincerely,



Daniel Chamberlain  
Director of School Nutrition

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