

The links below provide a guide to the various menus and nutritional programs offered by your school system.

Allegany County: boe.allconet.org	Harford County: hcps.org
Anne Arundel County: aacps.org	Howard County: howard.k12.md.us
Baltimore City: bcps.k12.md.us	Kent County: kent.k12.md.us
Baltimore County: bcps.org	Montgomery County: mcps.k12.md.us
Calvert County: calvertnet.k12.md.us	Prince George's County: pgcps.org
Caroline County: cl.k12.md.us	Queen Anne's County: boe.qacps.k12.md.us
Carroll County: ccpl.carr.org/ccps	Somerset County: someset.k12.md.us
Cecil County: ccps.org	St. Mary's County: smcps.k12.md.us
Charles County: ccboe.com	Talbot County: tcps.k12.md.us
Dorchester County: dcps.k12.md.us	Washington County: wcboe.k12.md.us
Frederick County: fcps.org	Wicomico County: wcboe.org
Garrett County: ga.k12.md.us	Worcester County: worcester.k12.md.us

Depend on us to provide a healthy, tasty, affordable breakfast and lunch for your child.

www.marylandpublicschools.org

SCHOOL MEALS

We think food because they can't think without it.

In accordance with federal law and U.S. Department of Agriculture policy, State law, and the Maryland State Department of Education policy, discrimination is prohibited on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write to the USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue SW, Washington DC 20250-9410 or call (202) 720-5964 (voice and TDD).

USDA is an equal opportunity provider and employer.



200 West Baltimore Street
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Things a little **HECTIC**
AT HOME IN THE MORNING?



Leave **BREAKFAST** to us. We've got you covered for **LUNCH**, too.

We're the school foodservice professionals who prepare 86 million School Meals for students across Maryland each school year.

Today's School Meals offer:

Nutritious Choices

School Meals meet federal nutrition requirements for calories, fat, saturated fat, protein, calcium, iron, vitamin A, and vitamin C. As students select from a variety of entrees, fruits, and vegetables, they begin building healthy eating habits that will last a lifetime.

Great Taste

Menus include a variety of appetizing and flavorful offerings. Students help us select foods they will eat and enjoy.

Affordability

School Meals are inexpensive. If you have a limited income, your child may be able to get school breakfast and lunch free or at a reduced cost.

Convenience

Don't worry about preparing breakfast or lunch. We'll do it for you. As an added convenience, many schools will allow you to prepay for meals so you don't have to scramble for money in the morning.