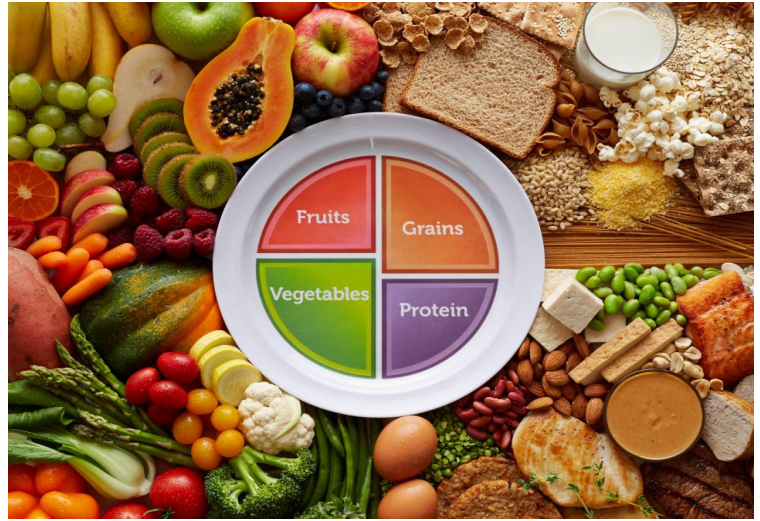
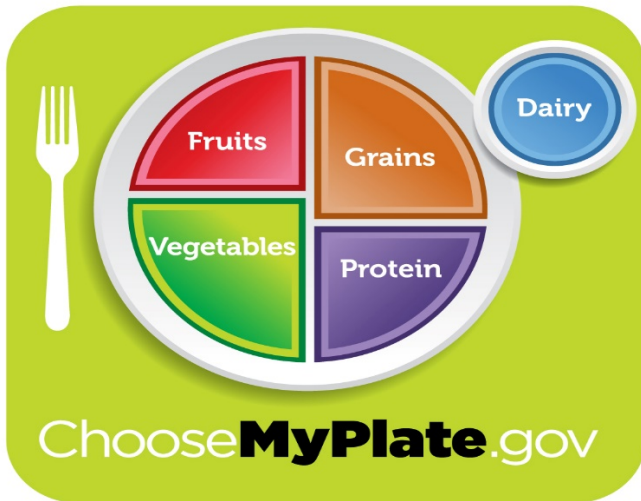


What is included as part of your \$3.00 Meal and Why?



There is still some confusion what is included as part of your \$3.00 Lunch Meal and why it is imperative that you select 3 of the 5 Components (Fruits, Vegetables, Grains, Protein and Dairy).

Last Spring the MSAD 35 Board of Directors decided to enroll Marshwood High School in the National School Lunch Program. This program provides federal dollars to offset the district's cost of meals for all students.

One of the requirements of the National School Lunch Program is that each meal must meet certain nutritional requirements. Federal funds are provided to the district to offset the cost of meals only if these requirements are met. Meals must have a minimum of 3 of the 5 components listed above, which must include: an entrée, a fruit, and a vegetable. All student meals must have these components in order to qualify as a Free, Reduced or Reimbursable meal. Signage and sample meals are now displayed in the café to provide clarity moving forward.

How does this work? For example, if a student purchases a slice of pizza, they are entitled to have a milk, unlimited side of vegetable or fruit, included with the full meal \$3.00 purchase. Students can only purchase a la carte food items after they purchase a full meal even if the student does not want any one of the sides or milk. After the purchase of the meal, students are then welcome to purchase items a la carte.