

Give School Meals a Try



**School
meals
are for
everyone**

Whether you are a student, staff, or volunteer, each day the School Nutrition Program provides freshly prepared meals to eat. You may be eligible for free meals, contact your school for details.



**School
meals
are
healthy**

Every meal offers fresh fruits, vegetables, whole grains, protein, and milk (or milk alternative). All meals are required to meet nutrition standards to ensure it's healthy and tastes good too!



**Many Maine
schools
include local
foods**

Many school meals in Maine include local produce or meat. Buying school meals supports the local community.



**School
meal
programs
need you**

Buying school meals puts money back into the School Nutrition Program, meaning more great options for students to taste. Try school meals this week!

MaineHealth

LET'S GO!

5-2-1-0

Contact your school department to get started!

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