

# SCHOOL MEALS AT MARIA MONTESSORI ACADEMY

What to expect from school breakfast and lunch



## The Basics

Beginning school year 2026-2027, Maria Montessori Academy will offer breakfast and lunch to students, staff, and visitors each day school is in session. The cost of these meals is dependent upon various factors, however because we expect to be approved on the National School Lunch Program (NSLP) and School Breakfast program (SBP), some students will qualify for free or reduced-price meals once they submit an eligibility application beginning in July 2026.

### NSLP

A federal program which helps fund school lunches. Each reimbursable lunch must offer fruit, vegetable, meat/meat alternate, grain, and fluid milk.

### SBP

A federal program which helps fund school breakfasts. Each reimbursable breakfast must offer fruit\*, grain\*\*, and fluid milk.

\*fruit may be replaced with vegetable

\*\*grain may be replaced with meat/meat alternate

## Our Goals



### Sowing Seeds - Initial Implementation

In the beginning, our menus may look different than our final goal for all meals served to our patrons. While our staff are getting into the routine of preparing, serving, cleaning, etc., we may have to serve more packaged/prepared foods.



### Growing Into The Program

As confidence grows, we will gradually add more scratch-made foods into our menus, testing student appeal each time to ensure we're adding meals that will be enjoyed rather than wasted.



### Harvest Season

Once we are well-established, the goal for our meal programs is to provide delicious, healthy meals made from scratch in our kitchen, ideally from as many locally-procured items as possible. We want this to be a place for students, staff, and families to come enjoy yummy food and great memories, and one that creates growth, understanding and care within the greater community.

# MENU & MEAL COST

## Projected Initial Menu

Any item with a single asterisk\* is made in-house from scratch. Any item with two asterisks\*\* indicates 1+ element is made in-house from scratch. Remember, this is what we are predicting our menu will look like in the beginning, we will add more scratch-made foods as time goes on.

<b>Breakfast-</b>  Breakfast will be served only, therefore all items must be taken for a reimbursable meal.	Cranberry-Orange Muffin*	Breakfast Cookies*	Banana Bread*	Granola Bar	Pancakes*
	Cereal	Cereal	Cereal	Cereal	Cereal
	Milk	Milk	Milk	Milk	Milk
	Fruit	Fruit	Fruit	Fruit	Fruit
	Optional: Yogurt	Optional: Yogurt	Optional: Yogurt	Optional: Yogurt	Optional: Yogurt
<b>Lunch-</b>  Lunch will be offer vs. serve, <u>at least</u> ½ c fruit &/or vegetable must be taken, plus 2+ more components for a reimbursable meal.	French Dip*	Caesar Salad*	Fruit & Yogurt Parfait**	Chicken Tenders	Flatbread Pizza**
	Fruit	Fruit	Fruit	Fruit	Fruit
	Vegetable	Vegetable	Vegetable	Vegetable	Vegetable
	Milk	Milk	Milk	Milk	Milk

## Cost of Meals

Due to multiple factors, we cannot set prices in place at this time. However, here is a graph showing the national average prices of school meals according to the Food Research and Action Center (<https://frac.org>).

	Nat'l Avg. Full Price	Nat'l Avg. Reduced Price	Nat'l Avg. Free
Breakfast	\$1.80	\$0.30	\$0.00
Lunch	\$3.05	\$0.40	\$0.00

## Additional Resources

Further information is forthcoming, however, being a part of this beautiful community brings a responsibility to have open communication. If you have questions, concerns, suggestions, etc. please reach out to Ms. Alex at [abarlow@mماوتاه.org](mailto:abarlow@mماوتاه.org) or [kitchenmanager@mماوتاه.org](mailto:kitchenmanager@mماوتاه.org). You can find additional information on these upcoming programs here: <https://www.fns.usda.gov/nslp> and <https://www.fns.usda.gov/sbp/school-breakfast-program>