

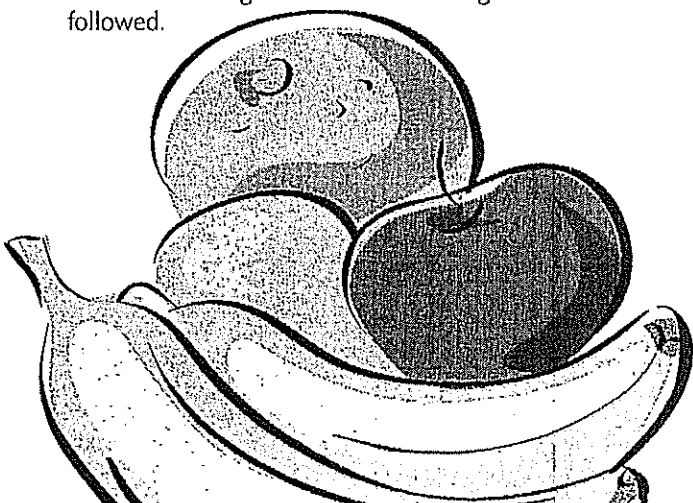
## How do children qualify for free and reduced-price meals?

**Any child at a participating school may purchase a meal through the School Lunch and School Breakfast Program.**

Children from families with incomes at or below 130 percent and 185 percent of the poverty level are eligible for reduced-price meals, for which students can be charged no more than 40 cents for lunch and 30 cents for breakfast.

Children from families with income over 185 percent of poverty pay a full price, though their meals are still subsidized to some extent. Local school food authorities set their own prices for full-price meals, but most operate their meal services as non-profit programs.

As the administering agency, the Department of Education reviews and monitors the School Lunch and Breakfast Program, and the Afterschool Snack Program within the state and brings about corrective action in instances where federal regulations are not being followed.



This brochure provides general information and is not all-inclusive. For specific requirements regarding program participation, please contact the School Nutrition Program Office:

5163 Gordon Persons Building  
Post Office Box 302101  
Montgomery, Alabama 36130-2101

Telephone: 334.242.8228

FAX: 334.353.5674

[www.alsde.edu](http://www.alsde.edu)

(Go to Offices, then CNP-Child Nutrition Program)



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Alabama State Department of Education



United States Department  
of Agriculture Food and  
Nutrition Service

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# National School Lunch Program School Breakfast Program and Afterschool Snack Program

# What is the National School Lunch Program?

The National School Lunch Program (NSLP) is a federally assisted meal program operating in nearly 101,000 public and nonprofit private schools and residential child care institutions in the US. In the year 2014, over 85,973,499 lunches were served with over 746,204 children enrolled.

In signing the 1946 National School Lunch Act, President Harry S. Truman said, *"Nothing is more important in our national life than the welfare of our children, and proper nourishment comes first in attaining this welfare."*

## How does NSLP work?

The Alabama Department of Education administers the National School Lunch Program. The United States Department of Agriculture (USDA) provides funding for the program through cash subsidies and donated commodities. In return, school districts and independent schools that choose to take part must offer free or reduced-price lunches to eligible children. Presently, 1,358 public schools, 19 private schools, and 40 residential care facilities participate in the NSLP in Alabama.

## How does NSLP help Alabama?

In 2014, Alabama received \$258,232,684.04 in cash payments. In addition to cash reimbursements, schools are entitled by law to receive commodity foods called "entitlement" foods. Schools can also get "bonus" commodities as they are available from surplus agricultural stocks. Alabama received \$24,481,642.26 in school year 2014 through the commodity program. Of that amount, \$2,506,539 was for fresh produce.

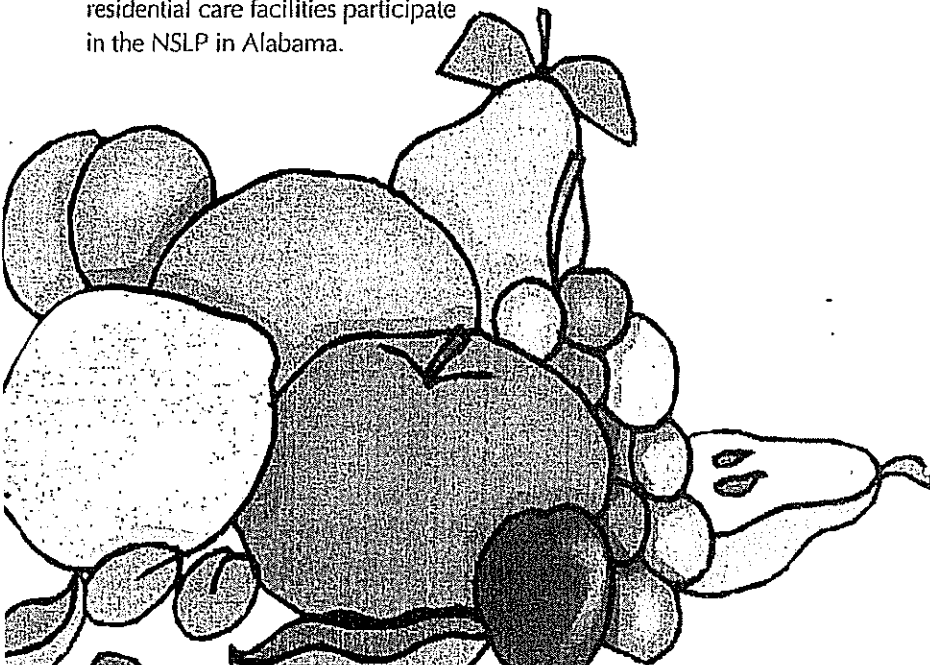
## What is the School Breakfast Program?

Some 12.1 million children in more than 72,000 schools and institutions in the U.S. start their day with the School Breakfast Program (SBP), a Federal entitlement program that provides states with cash assistance for non-profit breakfast. In 2014, approximately 37,494,485 breakfasts were served to over 746,204 children throughout Alabama.

Teachers have reported that their students are more alert and perform better in class if they eat breakfast. Studies support the link between nutrition and cognitive development of children. Tufts University released the 1998 statement following a Massachusetts research project: "Children who participated in the SBP were shown to have significantly higher standardized achievement tests scores than eligible non-participants. Children getting school breakfast also had significantly reduced absence and tardiness rates."

## What is the Afterschool Snack Program?

On October 31, 1998, President Clinton signed the *Child Nutrition Reauthorization Act of 1998*. This Act expanded the USDA's National School Lunch Program to provide cash reimbursements for snacks served to children and youth in certain afterschool care programs. This Act demonstrates USDA's commitment to supporting afterschool activities aimed at promoting the health and wellbeing of children and youth in our communities. In the year 2014, Alabama Child Nutrition Programs served 1,982,898 reimbursable snacks to children enrolled in afterschool tutorial programs.



# WHAT'S FOR BREAKFAST?

Cereal

Toast

Muffins

Pizza

Pancakes

Waffles

Fruit

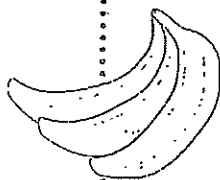
Yogurt

Milk

Biscuits

Burrito

Cris



## Marengo County Schools

### Child Nutrition Program

For more information on The School Breakfast Program or other school meals programs, contact your school or call or write to:

Alabama State Department of Education  
Child Nutrition Program  
Gordon Persons Building  
P.O. Box 302101  
Montgomery, AL 36130-2101  
[www.alsde.edu](http://www.alsde.edu)

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#### USDA Nondiscrimination Statement

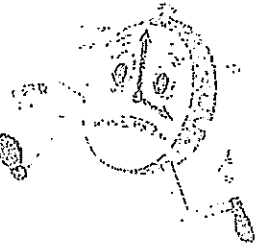
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## Discover School Breakfast, Marengo County



# Why School Breakfast?



Mornings can be really *crazy*! School breakfast is an option when family schedules are rushed or children don't feel like eating first thing in the morning.



- Studies show that breakfast helps students learn. The few minutes it takes to add breakfast to the school day are offset by students' active participation once their brains are fueled.

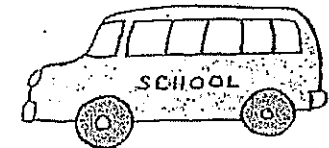
- Breakfast at school is affordable, too. A full breakfast costs less than convenience store items.
- If you qualify for the free or reduced-price school lunch program, you also qualify for the breakfast program, with no additional paperwork.
- Even at full price, breakfast often costs less than two dollars. You won't find a balanced breakfast at such a low cost anywhere else!



- Breakfast also supplies vitamins and nutrients for a strong and healthy body.

# What do other parents say about School Breakfast?

- "School breakfast gives my kids a chance for a nutritious breakfast."
- "School breakfast provides my kids a place to go before school starts; I go to work early."



- "Sometimes there is just no time to fix breakfast at home."
- "I feel less guilty when I'm rushed if I know my kids will get breakfast at school."

