

**Yarmouth School Nutrition Program  
at Yarmouth High School  
School Year 2021 - 2022**

**Welcome!**

As always, the Yarmouth School Nutrition Program is committed to providing the students and staff of Yarmouth High School with fun, great tasting, and healthy breakfasts and lunches every day. YSNP participates in a national program and our menus follow the latest scientific research in nutrition published every five years as the “Dietary Guidelines for Americans.” In the age of COVID-19 we follow the latest guidance from CDC and the Maine Department of Education. We strive to go above and beyond by connecting the cafeteria to the classroom and community. We also source as much as we can from nearby Maine farms. Details can be found on our menus located in the News section of the school web page.

**Breakfast**

We offer a delicious breakfast every morning before the start of school featuring breakfast sandwiches, whole grain muffins, banana bread, bagels and cereal. Fresh fruit such as strawberries, orange wedges and apples. Orange juice and milk are optional. **Breakfast meals are complimentary, free of charge for all students.** A second breakfast costs \$2.00.

**Lunch**

At lunchtime every day we offer numerous lunch options including vegetarian. Like breakfast, **all lunch meals are complimentary, free of charge for all students.** A second lunch costs \$3.25. A school lunch is considered a “Meal Deal” in that five components are offered every day; either meat or vegetarian protein, whole grain item, fruit, vegetables and milk. However, students may prefer not to select all of them. Either a fruit or vegetable must be selected or they can choose both. Students that are hesitant to take a fruit or vegetable are encouraged to take a whole piece of fruit for a snack later in the day.

**Snacks**

In addition to our meals, students are also able to purchase “Smart Snacks” or a la carte items that have been specially formulated for schools. These have reduced sodium, fat and sugar and the first ingredient is a fruit, vegetable, dairy product, whole grain or protein. These include baked chips, whole grain graham crackers, ice cream, pudding and juice beverages. Like all snacks these are intended to be supplementary to the meal or eaten at a later time in the day. We strongly encourage you to create a meal spending budget with your child so that there are no surprises. Cost of snack items range between \$0.50 and \$2.25. *All parents can monitor the details of their child’s daily spending online at no cost through PayPam.com.*

**Payment**

We accept multiple forms of payment for second meals, 50 cent milks and snack items. We prefer the use of credit cards online at PayPams.com. There is a fee of \$1.95 per online payment, but to reduce these charges you can put as much money as you would like on your student’s meal

account. We still accept checks made out to “Yarmouth School Nutrition Program” and these should be mailed to Frank Harrison Middle School, Attn: Yarmouth School Nutrition Program, 286 West Elm Street, Yarmouth, ME 04096. We are not responsible for cash sent into school with your child. *We strongly suggest that all parents activate their PayPams.com account even if you do not plan to make credit card payments.* This will allow you to monitor all deposits, charges and get low balance email reminders. There is no fee for use of this service.

### **Free & Reduced Application**

Even though all students are eligible to participate in our school meal programs at no cost, if your family qualifies for federal assistance, such as SNAP or TANF benefits, your household will receive a letter from us letting you know that your students qualify for meal benefits. This letter can be used for other important family services. If you do not receive SNAP or TANF benefits, but your household income qualifies you for school meal benefits then we welcome your application. Should your household income or family size change at any time throughout the school year please consider if you have become eligible. Applications can be filled out online or picked up at the school office. For more information please visit:

[www.yarmouthschools.org/page/school-nutrition-program](http://www.yarmouthschools.org/page/school-nutrition-program)

Over the course of the school year it is extremely important that your child’s meal account balance does not go below zero. If your child will be making purchases at school please make sure their account has funds by signing up for account monitoring on PayPams.com or contact us if you are unsure about your balance. The school department is not staffed to send out payment reminders to parents.

We continually strive to improve our service of providing healthy, attractive and affordable food. Please contact us with any questions and/or feedback that you may have about our program. Research continues to support that students who eat nutritious meals perform better academically. We take our job very seriously so that students are prepared for the high level of learning that happens in the classroom. Thank you for trusting us with your child’s nutrition!

Judy Sullivan  
Manager, YHS Cafeteria  
846-2323

Blair Currier, SNS  
Director of School Nutrition  
846-2323

P.S. We are currently hiring for part-time positions. No experience necessary. We are looking for friendly and positive individuals with a willingness to learn. Work entails a variety of kitchen related jobs in a fast paced environment on school calendar days. That means weekends, school vacation, holidays and snow days off. Convenient lunch-time hours, 3.25 and 3.5 hours/day.

**\$16.70 per hour, \$17.14 after 6 months**

Contact us for more information.

*This institution is an equal opportunity provider.*