

**Yarmouth School Nutrition Program**  
**at William H. Rowe School**  
School Year 2025-2026

**Welcome!**

The Yarmouth School Nutrition Program is committed to providing the students and staff of Rowe with fun, great tasting, and healthy food 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.” 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 posted each month in the News section of the school web page.

School meals are available to all enrolled students at no charge for the 2025-2026 school year, regardless of household income. This means that free & reduced meal benefit applications **do not** need to be filled out to qualify for free meals.

At the start of every school day we offer a delicious breakfast featuring whole grain muffins, banana bread and bagels. This includes a fruit item such as bananas, oranges wedges, apples, craisins, or raisins. Low fat or skim milk is optional for K/1 students and required for pre-K students. Teachers assist students in selecting their meal and it is delivered and eaten in the classroom. Breakfast is complimentary, free of charge for all students.

Our lunch menu offers three meal options for students to choose from every day and we always have at least one vegetarian option. We have a rotation of bento-type meals with hummus, hard boiled eggs, beans, cheddar cheese, tuna, yogurt, and even guacamole, all served with a whole grain item. And every day we have our popular sunbutter & jelly sandwich with string cheese. Sunbutter is a peanut-free spread, very similar to peanut butter and made from sunflower seeds.

A school lunch is considered a “Meal Deal” in that five components are offered every day; either meat or vegetarian protein, a whole grain item, fruit, vegetables and milk. However, K/1 students may prefer not to select all of them. A ½ cup of fruit or vegetable or combination of the two is required along with at least two other options. K/1 students are not required to take the milk option. These lunch meals are complimentary, free of charge for all students.

**New for the 2025-2026 school year:** If your child is bringing a lunch from home and would like a milk from school, the milk is also free.

All parents can monitor their student’s daily meal transactions on PayPams.com. This is a free service and does not require entering credit card information, but in order for daily transaction to be uploaded to PayPams the account needs to be created first.

We continually strive to improve our service of providing fun, healthy and affordable meals. 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!

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P.S. We are currently hiring subs and looking for friendly and positive individuals with a willingness to learn, no experience necessary. 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, between 3 and 3.5 hours/day. **\$21.02 per hour.**

Please contact us for more information: [blair\\_currier@yarmouthschools.org](mailto:blair_currier@yarmouthschools.org)

*This institution is an equal opportunity provider.*