

**Yarmouth School Nutrition Program
at Yarmouth High School
School Year 2025 - 2026**

Welcome!

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.” 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.

Breakfast

At the start of every day we offer a delicious breakfast featuring breakfast sandwiches, whole grain muffins, breakfast breads, bagels, and cereal. While breakfast meals are complimentary for all students, they must include at least $\frac{1}{2}$ cup of fruit to be free of charge. We have fruit items such as bananas, orange wedges, apples, craisins, raisins, and orange juice. Low fat or skim milk is optional. A second breakfast costs \$2.25, milk alone is 75 cents.

Lunch

Our lunch menu offers students numerous meal options including vegetarian. Like breakfast, all lunch meals are complimentary, free of charge for all students. At least a $\frac{1}{2}$ cup of fruit or vegetables or combination of the two is required along with at least two other components to be free of charge. 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 a combination of both. Students that are hesitant to take a fruit or vegetable are encouraged to take fruit for a snack later in the day. A second lunch costs \$3.50.

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. If your child would like two milks, the cost of the second milk is 75 cents. As noted on our menus only the first milk is free. If a student would like a free milk at breakfast they must get a meal.

Snacks

In addition to our meals, students that have funds on their nutrition account 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 crackers, ice cream, pudding, and 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 snack items and second meals. We prefer the use of credit cards online at PayPams.com. There is a fee of \$2.95 per online deposit and a \$10 minimum, but to reduce these charges you can put as much money as you would like on your student's meal account or even multiple student accounts. We still accept checks made out to "Yarmouth School Nutrition Program" and these can be dropped off at the school office or mailed to Yarmouth High 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 whether your student gets a meal, any charges they make, as well as any cash deposits made. Setting the low balance email reminder will provide you with an automatic notification as well. There is no fee for using PayPams to monitor your child's account or to get email reminders, but the account must be created in order for this information to be uploaded to PayPams.

We continually strive to improve our service of providing healthy, great tasting, 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!

Crystal Creacey
Manager, YHS Cafe
crystal_creacey@yarmouthschools.org
846-2323

Blair Currier, SNS
Director of School Nutrition
blair_currier@yarmouthschools.org
846-2323

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

This institution is an equal opportunity provider.