

Maryland Meals for Achievement

Cultivating Communities of Wellness

Queen Anne's County Public Schools Food & Nutrition Services

What is Maryland Meals for Achievement?

- Maryland Meals for Achievement (MMFA) is a State-funded nutrition program that provides healthy breakfasts to students at participating schools
- Schools are eligible if at least 40% of their students qualify for free and reduced price meals

How does MMFA work?

- All students are offered a complete breakfast at no cost, regardless of an individual's household income
- Breakfast may be served at a kiosk or directly in the classroom. Contact your front office to find out how MMFA operates in your school
- QACPS also provides breakfast to the teachers serving the meal so that the entire classroom may enjoy a healthy meal together
- All breakfasts meet USDA nutrition standards. An MMFA breakfast may include:

- Yogurt, Graham Crackers, Fruit and Milk
- Mini Whole Grain Muffin, Fruit and Milk
- French Toast Sticks, Fruit and Milk

What are the benefits?

Students who participate in MMFA have:

- Improved test scores
- Decreased tardiness & behavior problems
- Increased attention spans
- Less stress trying to squeeze breakfast into busy morning schedules



Contact Information: Food Services @ 410-758-2403

This institution is an equal opportunity provider.