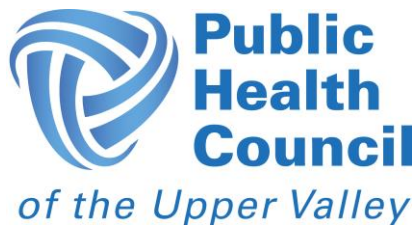


EVALUATION OF 2017 SUMMER FOOD PROGRAMS IN THE UPPER VALLEY REGION

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Conducted By Jabeen Ahmad, MPH

Completed for:



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EXECUTIVE SUMMARY

The summer food program evaluation sought to understand how some of the programs in the Upper Valley Region operate; describe some of the benefits and challenges; and provide recommendations for future planning to improve program outcomes and impact. The four programs included in this evaluation are: Hartford Take a Bite Out of Hunger, Windsor Summer Meals, Lebanon Lunch Friends, and Mascoma Seamless Summer Option. Evaluation was primarily qualitative in nature, but it also took into account the number of individuals served through the program for the period June to August 2017.

Total number of meals served by the 4 programs:

- Hartford Take a Bite Out of Hunger: 10,643
- Windsor Summer Meals: 1,076
- Lebanon Lunch Friends: 6,770
- Mascoma Seamless Summer Option: Breakfast -- 3,360 and Lunch -- 4,763

Overall, both staff and end users perceive the programs to be beneficial in providing free and nutritious food to the communities they serve. There is interest in continuing and expanding the programs. However, there are also challenges to effective program utilization and some of those include:

- low community awareness of programs;
- transportation to and from programs;
- low participation of community children who are not part of a summer school or camp program;
- resistance from teens to participation;
- lack of flexibility with federal (USDA) programs, especially regarding taking meals off site and menu options;
- stand-alone meal program is not appealing to children/families; and
- providing meals to children only and not adults.

Some of the recommendations to increase program viability and success include:

- Work more closely with community representatives, especially for site selection, expansion, and outreach efforts;
- Increasing communication and coordination among program sponsors, sites and community stakeholders; and
- Communicating with state leaders about barriers created by federal regulations.

BACKGROUND

Food insecurity exists in almost every county in the country and is a measure of lack of access to enough food for all household members. Families have to rely on different food programs to fill in the gap. Data shows that almost 22 million children receive free or reduced priced meals through the National School Lunch Program ¹. An analysis of the research on long-term impact of childhood hunger during the summer months when school is out shows that providing healthy and nutritious food to children beyond the school year has clear health, education and economic benefits ².

The United States Department of Agriculture (USDA) offers two options for providing summer meals to children: **Summer Food Service Program** and the **Seamless Summer Option**. The differences between the two options are largely a matter of where the programs sit within the USDA and they have slight eligibility differences, which this report will not detail. USDA operates the National School Lunch Program (NSLP), the School Breakfast Program (SBP), and the Summer Food Service Program (SFSP). Each program has its own budget. The Seamless Summer Option is an extension of the National School Lunch Program and is paid out of that budget. Both summer meals options are administered by state agencies and run by local organizations such as schools and community centers that serve as meal sites. Meal site definitions vary slightly between the two options, but generally fit into either open or closed site categories (see Definitions, page 18 for more details).

The Summer Food Service Program (SFSP) was authorized back in 1975 to address summer time food insecurity and ensure kids stay well fed during the summer and return to school healthy, both physically and mentally. The program, also known as the Summer Meals Program, is aimed towards providing children (18 years and under) in low-income areas with free and healthy food during the summer months when school is not in session ³.

An open site is located in a low-income area where 50 percent or more of all of the children are eligible for free or reduced-price school meals and the site is open to all of the children in the community. A closed enrolled site only provides meals to children enrolled in a specific program and only qualifies if at least half of the children enrolled in the program are eligible for free or reduced-price school meals ⁴. Information about area eligibility can be obtained from the SFSP Area Eligibility Mapper ⁵.

Despite all its benefits, the program is severely underutilized nationally and only 1 in 7 children who ate free or reduced priced school lunch during the 2015-2016 school year were reached by Summer Nutrition Programs ⁶. The reasons for this underutilization are varied and differ depending on the context and circumstances of the program that range from administrative, logistical, and financial challenges at the provider end to lack of awareness and inability to access the programs at the end of the recipient ⁷.

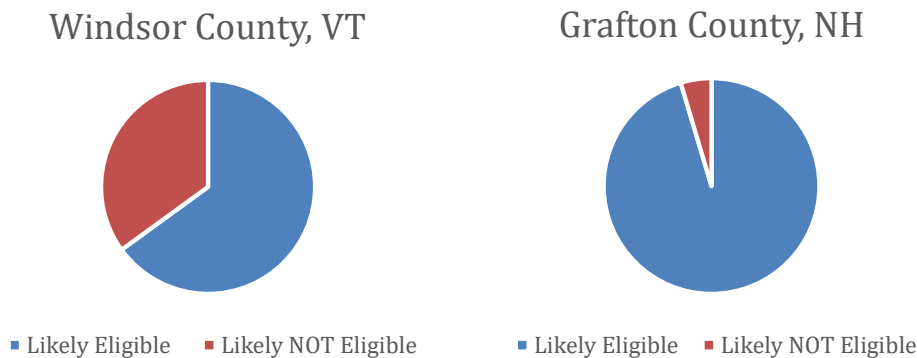
For the purposes of this report, there is no need to provide additional detail about the Seamless Summer Option. The SFSP description above adequately describes the intent and structure of both programs.

In the context of the Upper Valley Region which includes towns in both New Hampshire (NH) and Vermont (VT), this evaluation focused on summer food programs in Grafton County (NH) and Windsor County (VT). The following tables (1&2) provide background information about food insecurity rates in these counties; and school district enrollment and free/reduced meal numbers of schools that are part of the program towns.

Table 1: Food insecurity rates for Grafton (NH) and Windsor (VT) Counties, 2015 ⁸

State	County	Food insecurity rate (full population)	Child food insecurity rate
VT	Windsor	12.0%	16.0%
NH	Grafton	10.5%	14.2%

Graph 1 and 2: Of food insecure children, likelihood they are eligible for federal nutrition assistance, 2015 ⁸



The two graphs above demonstrate that food insecurity does not automatically make an individual or family eligible for federal nutrition programs. For example, according to the USDA, 28% of food-insecure households live above 185% of the poverty line, making them ineligible for many nutrition programs.⁸

Table 2: School district enrollment and free/reduced meal numbers ^{9, 10}

School District	School	Enrollment (PK to 12)	% Students Eligible for Free and Reduced Lunch
Vermont			44.1%
Hartford Town School District	School District Average		34.8% ^
	Dothan Brook School	273	32.7%
	Hartford High School	475	24.4%
	Hartford Middle School	296	35.8%
	White River School	248	54.1%
	Ottauquechee School	232	36.9%
Windsor Southeast SU	School District Average		44.5% ^
	Albert Bridge School	78	36.5%
	Hartland Elementary School	340	41.9%
	Weathersfield School	234	48.2%
	Windsor High School	314	43.3%
	Windsor State Street School	293	48.1%
New Hampshire			27.3%
Lebanon School District	School District Average		22.9%
	Hanover Street School	381	31.7%
	Lebanon High School	611	15.2%
	Lebanon Middle School	469	24.5%
	Mt. Lebanon School	223	32.1%
Mascoma Valley Regional	School District Average		30.6%
	Canaan Elementary School	304	41.6%
	Enfield Village School	197	30.9%
	Indian River School	357	30.3%
	Mascoma Valley Regional High School	326	23.9%

^ School District Averages for Vermont districts was calculated by the author from the school-specific data. School District Averages for New Hampshire Districts were provided on the NH Department of Education School Profiles. The Vermont averages do not follow the same method of calculation and should not be seen as comparable to the New Hampshire averages.

ABOUT THE EVALUATION

Need and Purpose

The Public Health Council of the Upper Valley (PHC) developed a plan to evaluate and document how various summer food programs in the region were operating. The expected outcome of this evaluation includes information that can be used to strengthen programs, to learn from other communities, and to explore ways to collaborate across communities.

The evaluation is a first step towards identifying barriers, and enablers to program utilization that can inform future planning to improve outcomes and impact.

Key Questions of the Evaluation

- How do the various programs operate?
- How many people were served in 2017?
- What is working well and what are some of the challenges to program utilization?
- What are the perceived benefits to the families of those participating in the program?
- What are some suggestions to improve program utilization?

Process

The overall spirit and approach to the assessment was one of appreciative inquiry. We used observation and semi-structured interview as a guide to gather information from different stakeholders, primarily program staff and families of those utilizing the programs. During these interactions emphasis was placed on encouraging people to share their experiences, both positive and challenging. The intent was to talk with at least 2 to 3 families for each program, but often it was not possible because parents did not bring children to meal sites when they were placed within programs. Given the tight timeline of the summer food programs' duration, the criteria for selection was based on ease of access to the sites and willingness to participate. We were also interested in looking at programs that used various approaches to funding. Programs were offered a small stipend for participation in the evaluation.

Programs included in the evaluation are as follows:

Program	Funding Source	Lead Entity
Hartford Take a Bite Out of Hunger	USDA SFSP; Privately Funded Meals	Hartford Community Coalition
Windsor Summer Meals	USDA SFSP	Windsor Southeast Supervisory Union
Lebanon Lunch Friends	Privately Funded Meals	Various Partners
Mascoma Seamless Summer Option	USDA NSLP Seamless Summer Option	Mascoma Valley Regional School District

KEY FINDINGS

Hartford “Take a Bite out of Hunger” Summer Food Program

(June 19th to August 25th 2017)



The program at Hartford has evolved over the last couple of years and includes a mix of USDA-supported meals and privately funded food options. It started in 2015 with serving meals for the Ventures Kids Camp, through the USDA Summer Food Service Program. The Hartford Middle School “Open Site” was added in 2016. All USDA-supported meals are prepared at the Bradford Elementary School, then transported to Hartford Middle School where they are packaged and distributed to other sites. Privately funded meals are for adults and for children who receive the meals in locations not authorized as USDA sites. Privately funded meals are prepared at the middle school and the menu is kept similar to USDA, with changes made depending on availability and convenience. See Appendix A for the menu used by both the Hartford program and Lebanon Lunch Friends. The Site Coordinator works with volunteers to package the meals. The Coalition counted over 450 volunteer hours for lunch preparation.

Data is collected to track the number of meals served using the standard USDA form and a similar excel spreadsheet is filled out for privately funded meals. One of the ways data is being used is to develop and disseminate posters highlighting the number of meals served, thus keeping the community informed.

The Hartford Community Coalition uses multiple approaches to publicize the program:

- School Communications
 - Teacher Newsletters (email)
 - Insert in Spring Concert Program
- Flyers distributed throughout the community
- Postings on listserv, Daily UV, and Facebook pages

Hartford Middle School

The Hartford Middle School is the site where privately funded meals are assembled. It is also an “Open Site” for children and adults dropping in from the community. The program is eligible as a USDA “Open Site” because it is within 1 mile of the White River School, the only school in Hartford that exceeds the 50% threshold for Free and Reduced Lunch eligibility. Private funds are used to provide meals to adults, who generally come with children. Most of the children who eat at the open site are younger and those not in camp are usually accompanied by an adult. The site also receives fresh produce donations from Willing Hands; some produce is available for pick-up at the meal site, while the remainder goes out with community deliveries. Weekend SnackPacks are also available

at Hartford Middle School on Fridays each week. They distribute 50 backpacks each week with no registration or eligibility requirements; these are provided using private funds. The Coalition received 2,250 pounds of produce donated by Willing Hands and distributed 450 Weekend SnackPacks.

Hartford Community Pool

Lunches are delivered daily to the Hartford Community Pool, located between the middle and high schools. These meals are prepared with private funding and are for any children using the pool at the time of delivery.

Ventures Camp (Elementary and Middle School Grades)

Ventures Camp children are provided breakfast in the morning. Lunches are available from 11 am to 1 pm daily. The elementary aged campers receive meals at the Hartford Middle School. The Ventures Camp for older students is hosted at Hartford High School, which serves meals as a USDA “Closed Site.” Lunches are only for students enrolled in the Ventures Camp.

White River School

The White River School hosts a 4-week summer camp called “Creative Lives.” This is also a USDA “Closed Site.”

VINS (Vermont Institute of Natural Sciences) Summer Camps

VINS staff pick up privately funded meals from the Hartford Middle School daily for some of their day campers.

Community Delivery

The Coalition has established delivery of prepared meals and fresh produce to some households in the community. They delivered to about 50 households over the summer, representing about 100 people. Most were adults.

Perceived Benefits:

One of the major attractions to the program is that they provide meals to adults also.

Some of the challenges include:

- Transportation issues
- Food allergies (e.g., eggs)
- Hesitation, especially among older children, to claim free lunches and unwillingness from some people to admit that they need it

Family Perspective:

Program is liked and beneficial overall, however awareness about the program is low in the community. Some of the program benefits include:

- Convenience (“do not have to think of lunch for kids”)
- Financial help
- Nutritious food (whole wheat, less processed)
- Ease of use (no forms or information to provide)
- Flexibility to grab and go

One of the challenges to utilization is lack of awareness about the Open Site at the middle school site, because it is not very visible. Also, those with smaller children who might typically use the program, are more familiar with the elementary school.

Table 3: Hartford Program Operational Details

Meal Preparation Sites	Meal Serving Sites	Status	Adult Meals Served	Children’s Meals Served	Total Number
Bradford Elementary School (USDA); Hartford Middle School	Hartford Middle School*	USDA Open Site; Private	342	917	10,643
	Ventures Camp (served breakfast and lunch at HMS and HHS)	USDA Open Site & Closed Site	No	5,655	
	Pool	Private	148	503	
	White River School “Creative Lives:	USDA Closed Site	No	310	
	VINS Camp	Private	No	108	
	Community Delivery	Private	2,660		

*Does not include Ventures Camp children served at Hartford Middle School. All Ventures camp meals are counted together on the line below.

Windsor “Summer Meals” Program

(June 21st to August 11th 2017)

The program was initiated in 2017 by a coalition facilitated by Hunger Free Vermont and including the Windsor School District and Mount Ascutney Hospital. Nutrition was identified as a top 12 community need, 48% of children in schools get free/reduced lunch, and a survey of their pediatric population identified 20% food insecurity. There was great collaboration and cooperation within the community to work together on the initiative.

The Windsor “Summer Meals” Program is a USDA-funded program meant for children 18 years and under. The school district runs the program, using Café Services as their contracted food vendor. New England Dairy provided a grant to cover the purchase of coolers (6 large, 6 soft, and 6 small). Meals are prepared at the State Street School. See Appendix A for the program’s menu. Five local organizations (3 local churches, Mount Ascutney Hospital and Rotary Club) each volunteer to deliver meals to sites one day each week. Meals are served Monday through Friday from noon to 1pm.

According to the staff, the program is a way to build community and it provides a safe environment for children to interact during the summer, while making sure they are well fed and physically and cognitively healthy. One of the main challenges is under-utilization of the program. In an effort to increase participation, thought is being given to involving neighboring towns that do not have a program and could benefit.

While no school in Windsor meets the USDA eligibility for an “Open Site,” the coalition determined that 3 census tracks in Windsor met eligibility guidelines based on poverty statistics. A meal site was selected in each of those census tracks. All the sites are USDA “Open Sites” and serve any child, regardless of income or residency in the census track.



Data is collected using the USDA form to record the number of meals received, number of students who ate, and the number of students who took a second meal (left over from previous days). The completed form is sent to the school for billing purposes.

The coalition has relied upon their extensive network of service agencies to publicize the program. This includes the Windsor PATCH Team, Mount Ascutney Prevention Partners, and Windsor County Partners. They sent notices out through the school. In addition, small cards were distributed through churches and the district’s School Resource Officer. Finally, Hunger Free Vermont provided signs for meal sites. All publicity emphasized that this was a fun way to spend time with neighbors over the summer and that everyone was welcome.

Union Square Apartment Complex

Located near Windsor’s Main Street district, the complex houses 58 apartments. The site was chosen because it is subsidized housing and has a high concentration of low-income

families. The community room serves as the site for the program and the Site Coordinator is both a resident and a parent whose two younger children eat lunch through the program. The space is good, clean, and has books and other activities for children.

Attendance is quite low and even the residents are not accessing the program. There have not been any non-complex residents using the program. The few children who do sometimes eat a meal there are 13 years old and under. According to the Coordinator, there is a definite need in the community and hope is that the program will grow in the coming years. Main benefit of the program is that it provides nutritious and well-proportioned meals to children who need it.

Some of the challenges to participation are likely:

- Perhaps the biggest challenge is that the apartment complex is locked for the general public and, therefore, hard for non-resident community children to access
- Children at camps, daycare, or vacation are not able to utilize the program
- Transportation issues for other community children to come
- Pride -- not wanting to show that they need a free meal
- Culture of inconsistency in people-unable to commit to something
- Food not appealing for children, especially vegetables
- Meals have to be eaten at site and cannot be taken out

The Coordinator would like to see an increase in the number of children next year but also accepted that it would take some added attraction and advertising to increase program utilization. According to him “kids wouldn’t necessarily look forward to hanging out in an apartment complex room to eat lunch”.

Windsor Recreation Center

The Windsor Recreation Center hosts the Recreation Department’s summer camp program. The Center provided space in their facility to site the meal program and the employees coordinate it on a rotating basis. Most of the children receiving meals in this site are part of the camp program and are 13 years old or younger; however, some community children showed up for lunch during the first week but dropped out subsequently. Due to uncertainty in the number of children who eat every day, they call the Café Service each morning and let them know how many meals are needed for the day. Leftovers are not used and there is lot of food waste (fruits are saved). It has been somewhat challenging for employees to incorporate the food program into their regular work duties; for example, since the lunch is served at a fixed time they have to make sure children are back on site for that and it requires extra effort to manage the schedules.

Main program benefit is that it can serve the need of the community.

Some challenges to program utilization include:

- Diverse food preferences (children complain about “rubbery” chicken, salads, wraps)
- Some camp children bring in their own lunch from home

- Children from the community are not accessing the program due to location and not being comfortable eating with the camp kids
- Mid-day is hard for many families to utilize the program either because children are at daycare, or adults are out of the house and children cannot come alone.

The coordinator mentioned a local place called “Rachel’s Kitchen,” a free breakfast program offered at the Rachel S. Harlow United Methodist Church in Windsor. It is open to anyone in the community from 6 to 9 am, Monday through Friday. According to the coordinator, lunch is not the best option and maybe breakfast or dinner might be more convenient for people.

Windsor Connection Resource Center

The Resource Center is a place to connect the Windsor community to the social and state agency services available. It is located in a traditional, yet low-income neighborhood and the person who runs the Center also coordinates the food program. There is no program that brings children to the Center daily, but many of these families use the Center regularly and are comfortable there. The Coordinator has done significant outreach to encourage children to come and works hard to provide fun activities to engage them while they are there.

Meals delivery is very reliable, on time each day and the community looks forward to it. A majority of the children are in the age group of 12 years and under. The program took a slow start but grew steadily over the summer. There is great social interaction between children, families, and the staff. The location is such that children can bike over and come by themselves. They can serve leftovers the next day but kids don’t like to eat the same thing again the very next day. Instead of wasting the food, it is sent out in the community to those in need. The Coordinator is very involved and interacts with the children while they are there, so the environment is friendly and social. There are some games, books, and other activities for children to use while they are there.

The biggest program benefit, according to the Coordinator, is the consistency and reliability of the program that there will be lunch from noon to 1pm every day and people in the community can depend upon it.

The main challenge is to get children who are at camps and older children (13-18 years) to use the program. The program is underserved but has the potential to grow with more outreach.

Family Perspective:

Great program that provides a safe space where children can talk, play and eat good food. It is “awesome” and “keep it up” were some specific comments regarding the program. Some of the challenges to program utilization for others in the community might be transportation issues, and lack of awareness.

Table 4: Windsor Program Operational Details

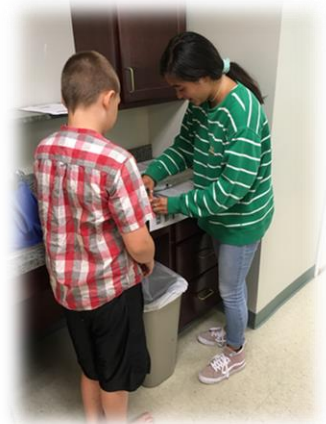
Meal Preparation Site	Meal Serving Sites	Status	Children's Meals Served	Total Number
State Street School	Union Square Apartment Complex	USDA Open Site	116	1,076
	Windsor Recreation Center	USDA Open Site	724	
	Connection Resource Center	USDA Open Site	236	

Lebanon “Lunch Friends” Summer Food Program

(June 19th to August 25th, 2017)

This is the first year for the food program in Lebanon. This pilot project was developed because supportive services staff at Twin Pines Housing Trust was concerned about food insecurity during the summer among their young residents. Both the Villages at Crafts Hill and Rivermere Community Housing are subsidized housing complexes. The project was a partnership between:

- Alice Peck Day Memorial Hospital
 - Program Management
 - Volunteer Recruitment
- LISTEN Community Services
 - Fiscal Agent
- Hartford Community Coalition
 - Menu Development and Meal Preparation
 - Shared Program Staff on Pro-Rated Basis
- Twin Pines Housing
 - Meal Site Coordination
- Public Health Council
 - Grant Writing
 - Meal Site Activities



The Lebanon Housing Authority agreed to establish a meal site in their Romano Circle community as well.

None of the Lebanon Schools are eligible for the USDA Summer Food Program and a census tract search was not feasible at the time of program development. The partners decided to support this pilot project with private funds. Each partner made funding available and the Hypertherm HOPE Foundation provided a grant. Through an agreement with the Hartford Community Coalition, the meals were all prepared and packaged at the Hartford Middle School and transported to the Lebanon sites. See Appendix A for the program’s menu. Alice Peck Day Memorial Hospital assisted with recruiting volunteers to assist in meal preparation and the Lebanon program paid for a portion of the Program Coordinator and Driver hired by the Hartford Community Coalition.

Data was collected on the number of meals delivered to each meal site daily.

Twin Pines and Lebanon Housing Authority staff publicized the program in each housing community. In several of the complexes, they distributed short surveys to households asking for input on how many would participate in the program.

Romano Circle

Located in West Lebanon, it is a 30-unit public housing property managed by Lebanon Housing Authority. The driver who delivers the food serves the meals in the community room of the apartment complex. Children usually come in groups or with a parent and grab lunch bags and leave; sometimes they pick up multiples for others. The meal count

is fixed based on the number of children less than 18 years who live here. However, there is no check to see who is eating the meals and the anonymity helps, as people do not feel accountable for every lunch. The majority of the children are in the age group of 13 years and under. The program is underserved and not accessed by all the residents. Property management is not much involved with the food program, except for the initial outreach. However, the space is good and has the potential to offer some structured programs to get children excited to come. The management's experience starting various programs for the community in the past has not been very positive and that reflects somewhat on the culture and motivation of the community. The population that does use the program varies over time. It could be that some moved and others came, or some did not like the meals and stopped coming. Some of the challenges include:

- Varied food tastes
- Shyness
- Bullying (There was an incident in which some kids teased others about taking free lunches because their parents were poor. Due to that, there was a sharp decrease in the numbers for a few days, but then it went up again after the property manager intervened.)
- Shame
- Lack of awareness about the program
- Parents/caregiver schedule
- Stand-alone program in the middle of the day is not appealing for people

The Village at Crafts Hill

This site for the food program is a 100-unit residential property located in West Lebanon, managed by Twin Pines Housing. Meals are served outside in the community park for an hour and people either pick up lunch bags and leave or stay and eat at the park. The Coordinator spends time interacting with the children who are mostly in the age group of 2-4 years. The meal count is fixed based on the number of children under 18 years that reside there. At the end of the designated meal serving hour, any remaining meals are delivered to residents at their home. It is about half and half of children and adults who utilize the program. The program is an opportunity to bring the community together as many do not have any other social interactions. Some of the program benefits are food diversity, and providing people an opportunity to be outside.

Challenges to program utilization include:

- Food unsuitability for 2-3 year olds or for some who might not have teeth
- Food allergies (one child had tuna allergy and there is no alternative)
- Sometimes the lunch is too heavy (apples, marinara sauce) for the paper bags and it is hard to carry
- Limited options for vegetarians
- Pride (some people do not like to be handed out food)
- Families not being home during the day

Family Perspective:

They really like that that the program is outside and the children can play. Very satisfied with the program. Perceived benefits are:

- Healthy well-balanced food
- Good food diversity
- Lunch time provides an opportunity for people to be outside
- Like the activities on Tuesdays (kids especially love the game day)
- There are some people who cannot come outside due to various reasons and any meals that are left at the end of the hour are delivered door to door
- Sometimes residents take lunches for neighbors if they cannot be there at the designated time

Rivermere Community Housing

Rivermere Community Housing is a 21-unit multi-family housing complex located in Lebanon and managed by Twin Pines Housing. The property management employees manage the program and have a rotating schedule for each day of the week to serve as Site Coordinator. Meals are given out from 11:00 to 11:30 am and the count is fixed based on the number of children under 18 years who live here. The majority of children who access the program are mostly in the age group of 4-12 years. However, not many children were coming in and so the program was extended to families and seniors as the need is apparent. Meals are mostly picked up by residents and not eaten at the site.

Data is collected on a form that was developed specifically for the program to track numbers and observe any emerging patterns. For the first year, response has been pretty good and kids are excited especially with the addition of activities. Goal is to get fresh food and vegetables to the residents.

Something that is working well for the program is flexibility (offering meals to adults, parents can take the lunch and send with their kids to camp, for those who are not available during the designated time meals can be saved and stored in the refrigerator that residents have access to and can pick up at a convenient time later).

Some challenges include:

- Getting people organized to come at the designated time
- Leaving children unattended if parents are at work
- Reluctance of residents to leave their homes-nervous to be asked questions about rent etc. that they do not want to answer

The staff is positive about the program and feels that it will develop as word spreads slowly, as it takes a while to build trust. Their aim for next year is to keep awareness about the program high and keep it like it is-simple.

The program is a positive influence to bring the community together and for staff to keep track of any issues in residents' homes and lives. For example, there was an incident during the summer regarding a child who stopped coming for the lunch and their intervention revealed some family issue, where police had to be involved etc.

Family perspective:

Evaluator spoke to the father of a family with three young children who utilize the program regularly. They usually take the lunch and eat at home or outside. Some benefits according to them are:

- addition of activities on Tuesdays which children like a lot (especially the game day), and
- that meals can be saved to be picked up at a later time for children who go to summer school and are not around at the designated time.

However according to them not all children who are residing in the apartment complex are using the program and “they do not know why”.

Table 5: Lebanon Program Operational Details

Meal Preparation Site	Meal Serving Sites	Meals Served*	Total Number
Hartford Middle School	Romano Circle	1,870	6,770
	The Village at Crafts Hill	3,675	
	Rivermere Community Housing	1,225	

*Children were not required to eat meals on site, so most meals were picked up and taken off site. Because of this, it is difficult to know how many meals were consumed by children or others. At The Village at Crafts Hill and Rivermere Community Housing, leftover meals were made available to adults known to be in need of food supports.



Mascoma “Seamless Summer Option” Program

(June 26th to August 11th, 2017)

The summer meal program in the Mascoma Valley Region uses the USDA’s Seamless Summer Option. The program started in 2016 through the efforts and cooperation between Friends of Mascoma and Mascoma Valley Regional School District. In the first year, the Friends of Mascoma volunteered to transport meals from the one preparation site (Canaan Elementary School) to the Enfield Village School meal site; with program expansion, their assistance was no longer necessary. The program operates through six meal sites but they are prepared at two sites: Enfield Village School and Canaan Elementary School. Services for the summer food program are managed by Café Services as part of their annual contract with the school. See Appendix A for the program’s menu. All except the daycare are open sites for all children 18 years and under. The daycare is a closed site, as it does not have the capacity to feed drop-in children.

Enfield Village School

The Enfield Village School serves as one of two sites where meals are prepared. They serve breakfast from 9:00 to 9:30 am and lunch from 11:30 am to 12:00 pm. Children eating at EVS are generally aged 13 or younger and the meals have to be eaten on site. The majority of the children who use the program at this site are enrolled in programs at the school. Edgar Jones runs a private summer program out of the school; this is an extension of his well-attended after-school program offered during the school year. The school also operates an Extended School Year (EYS) program out of the Enfield Village School, which is designed for students with special needs. This was an open site, allowing for walk-ins, but they saw very few.

Huse Park Summer Recreation Day Camp

The Mascoma Valley Parks and Recreation Department operates summer day camps at Huse Park in Enfield. Camp staff pick up meals at the Enfield Village School and transport them in coolers to the park. This was an open site, allowing for walk-ins.

Tata’s Tots Day Care

Tata’s Tots Day Care picks up meals for children enrolled in the day care. Participation in the program is a matter of convenience for the day care provider and for the parents of the children. This is the only meal site that is closed to walk-ins.

Mascoma Recreation Soccer Camp

The Mascoma Valley Parks and Recreation Department operates a 1-week soccer camp at the Shaker Recreation Field. Camp staff pick up lunches and transport them in coolers to the field.

Mascoma Recreation Theater Camp

The Mascoma Valley Parks and Recreation Department operates a 1-week theater camp. Camp staff pick up lunches and transport them in coolers to the program site.

Canaan Elementary School

Canaan Elementary School serves as one of two sites where meals are prepared. The Canaan Recreation Commission operates a summer day camp at the school. The district operates a Title 1 Summer School Program and an Extended School Year (EYS) program at the Canaan Elementary School. This was an open site, allowing for walk-ins, and they did have some.

Indian River School

Indian River School hosts an Extended Year Program. Meals for students are picked up at the Canaan Elementary School and transported in coolers to Indian River School.

Mascoma Valley Regional High School

The Mascoma Valley Regional High School also hosts an Extended Year Program. Meals for students are picked up at the Canaan Elementary School and transported in coolers to the high school.

Overall the program is working well and are serving children enrolled in a variety of summer programs. However, the district would like to increase the number of walk-ins from the community. The primary barrier seems to be transportation due to the rural nature of the district. They would consider adding sites in other communities, such as Dorchester and Grafton. However, they would need to recruit more volunteers and the logistics would be challenging since different programs have different dates and times of operation.

Table 6: Mascoma Valley Program Operational Details

Meal Preparation Site	Meal Serving Sites	Status	Meals Served		Total Number
			Bfast	Lunch	
Enfield Village School	Enfield Village School	Open	1,036	1,127	Breakfast: 3,360 Lunch: 4,763
	Huse Park Summer Recreation Day Camp	Open	1,127	1,014	
	Tata's Tots Day Care	Closed	259	248	
	Mascoma Recreation Soccer Camp	Open	-	111	
	Mascoma Recreation Theater Camp	Open	-	189	
Canaan Elementary School	Canaan Elementary School	Open	773	957	
	Indian River School	Open	108	103	
	Mascoma Valley Regional High School	Open	57	57	

COMMON THEMES ACROSS PROGRAMS

While programs are diverse and have their own pros and cons that are specific to a particular site, there are some common themes that emerge as being universal to the different programs:

- The program benefit is providing free, healthy food in the community to fill a definite need
- The issue of program under-utilization
- The challenge to reach teens and convince them to use the program
- The need to improve program awareness in the community
- The ability to include flexibility in taking food off site and incorporating more food choices depending on the needs of the population
- The need for programming at summer meal sites
- The barrier of including community children to utilize the program in sites that are residential complexes or those that have some structured summer program

SUGGESTIONS TO IMPROVE PROGRAM UTILIZATION

- Increase program awareness: advertise on Parks and Recreation websites, library, refrigerator magnets with program information, day care centers, grassroots worker in the community to spread the word, Price Chopper, Dollar Store, better signage outside the sites
- Incorporate program with others activities or with summer school programs
- Use library or elementary school as program site to improve access and therefore program utilization
- Engage neighboring towns and communities to participate
- Allow for meals to be taken off site
- Outreach to teens, and children in community who are not part of a camp or school program
- Flexibility in food choices: options to address allergies, vegetarian options, softer foods for toddlers, and less processed and more whole foods. One recommendation is to form a menu planning committee comprising of a few children, those that serve the food and the people who make it.

EVALUATOR'S PERSPECTIVE

Observing, and talking with staff as well as program users of the summer food programs, provided rich information regarding gaps, needs and benefits. These insights can inform and help policy makers and implementers in determining effective strategies and tactics for future efforts to invest time and money in for best outcomes.

While data might suggest the prevalence of hunger in communities where the food programs are initiated, there are evident challenges to effective program utilization at the various sites. The evaluator feels that to ensure robust uptake and growth of a program it is important for interventions to be context-specific and participatory in nature. Some of the recommendations are:

- Focusing on program operation: developing criteria for site selection and further expansion, supporting infrastructure and resources at sites, setting goals and measures to assess outcomes and impact, working and collaborating with state-wide leaders, partners, sites, sponsors and families
- Developing community based outreach and engagement strategies to encourage local participation and ownership
- Increasing/incorporating activities at sites to attract more children
- Future site selections for the programs should be based on an assessment of potential places that have maximum ease of access for the community, are safe, structures and supervised. It is also important to keep in mind that many parents are not home to bring children to sites and it would be helpful to start car pools or walking together initiatives
- Program sites like schools that run summer programs/camps or recreation centers need to find innovative ways to be more inclusive for other children out in the community
- Marketing directly to teens as end users of program or as volunteers

Definitions

Extended School Year Program

Extended School Year (ESY) services are designed to support a student with a disability as documented under the Individuals with Disabilities Education Act (IDEA) to maintain the academic, social/behavioral, communication, or other skills that they have learned as part of their Individualized Education Program (IEP) or Section 504 accommodation plan. The focus of the services provided to the student as part of an ESY program are generally not upon learning new skills or "catching up" to grade level, but rather to provide practice to maintain previously acquired or learned skills. (Wikipedia)

Free and Reduced Lunch Eligibility (USDA)

Children may be determined “categorically eligible” for free meals through participation in certain Federal Assistance Programs, such as the Supplemental Nutrition Assistance Program, or based on their status as a homeless, migrant, runaway, or foster child.

Children enrolled in a federally-funded Head Start Program, or a comparable State-funded pre-kindergarten program, are also categorically eligible for free meals. Children can also qualify for free or reduced price school meals based on household income and family size. Children from families with incomes at or below 130 percent of the Federal poverty level are eligible for free meals. Those with incomes between 130 and 185 percent of the Federal poverty level are eligible for reduced price meals. Schools may not charge children more than 40 cents for a reduced price lunch. To see the current Income Eligibility Guidelines, please visit: <https://www.fns.usda.gov/school-meals/income-eligibility-guidelines>.

National School Lunch Program (USDA)

The National School Lunch Program is a federally assisted meal program operating in public and nonprofit private schools and residential child care institutions. It provides nutritionally balanced, low-cost or free lunches to children each school day. The program was established under the National School Lunch Act, signed by President Harry Truman in 1946.

Seamless Summer Option (USDA)

School Food Authorities (SFAs) participating in the NSLP or SBP are eligible to apply for the Seamless Summer Option. Once approved through their governing state agency, SFAs serve meals free of charge to children, 18 years and under, from low-income areas. The types of sites allowed to participate in this option include:

- **Open sites:** all children eat free in communities deemed eligible for the Seamless Summer Option.
- **Restricted open sites:** sites that meet the open site criteria, explained above, but are later restricted for safety, control, or security reasons.
- **Closed enrolled sites:** may be in any community for an enrolled group of low-income children. This excludes academic summer schools.
- **Migrant sites:** serving children of migrant families.
- **Camps:** residential or non-residential camps.

Summer Food Service Program (USDA)

“States approve SFSP meal sites as open, enrolled, or camp sites. Open sites operate in low-income areas where at least half of the children come from families with incomes at or below 185 percent of the Federal poverty level, making them eligible for free and reduced-price school meals. Meals are served free to any child at the open site. Enrolled sites provide free meals to

children enrolled in an activity program at the site where at least half of them are eligible for free and reduced-price meals. Camps may also participate in SFSP. They receive payments only for the meals served to children who are eligible for free and reduced-price meals.”

Sources

1. National School Lunch Program: Participation and Lunches Served (2015). USDA, FNS
2. Summer Hunger is Too Expensive to Ignore: An analysis of the hidden toll summer hunger takes on America’s children and our economy. No Kid Hungry Micro Report. June 30. 2015
3. <https://www.fns.usda.gov/sfsp/summer-food-service-program>
4. http://frac.org/wp-content/uploads/sfsp_fact_sheet.pdf
5. <https://www.fns.usda.gov/areaeligibility>
6. <http://frac.org/programs/summer-nutrition-programs>
7. <https://bestpractices.nokidhungry.org/summer-meals/summer-meals-research>
8. <http://map.feedingamerica.org/>
9. <http://education.vermont.gov/sites/aoe/files/documents/edu-nutrition-free-and-reduced-eligibility-report-2017.pdf>
10. <http://my.doe.nh.gov/Profiles/>

Appendix A. Menus

- Windsor Summer Meals
- Lebanon Lunch Friends & Hartford Take a Bite Out of Hunger
- Mascoma Seamless Summer Option



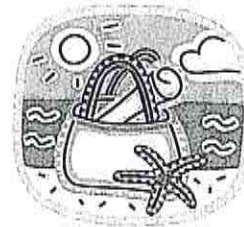
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Monday 6/19	Tuesday 6/20	Wednesday 6/21	Thursday 6/22	Friday 6/23
		Lunch Chicken Caesar Salad Breadstick Fresh Orange Milk	Lunch Ham & Cheese Sub Garden Salad Watermelon Milk	Lunch Cheese Pizza Celery Sticks Fresh Fruit Milk
Monday 6/26	Tuesday 6/27	Wednesday 6/28	Thursday 6/29	Friday 6/30
Lunch Chicken Salad on Roll Baby Carrots Local Apple Milk	Lunch Chicken Caesar Wrap Grape Tomatoes Fresh Fruit Milk	Lunch Turkey & Cheese Sub Garden Salad Fresh Fruit Milk	Lunch Ham & Cheese Wrap Broccoli Tops Fresh Fruit Milk	Lunch Cheese Pizza Pepper Strips Fresh Fruit Milk
Monday 7/3	Tuesday 7/4	Wednesday 7/5	Thursday 7/6	Friday 7/7
Lunch Ham and Cheese Sub Cucumber Wedges Fresh Fruit Milk	HAPPY 4TH OF JULY! NO MEALS TODAY	Lunch Chicken Caesar Salad Breadstick Peaches Milk	Lunch Turkey and Cheese Wrap Tomato Basil Salad Fresh Fruit Milk	Lunch Cheese Pizza Celery Sticks w Dip Watermelon Milk
Monday 7/10	Tuesday 7/11	Wednesday 7/12	Thursday 7/13	Friday 7/14
Lunch Bologna & Cheese Sandwich Baby Carrots Local Apple Milk	Lunch Chicken Salad on Roll Cucumber Wedges Peaches Milk	Lunch Turkey and Cheese Sub Caesar Salad Fresh Orange Milk	Lunch Ham & Cheese Wrap Garden Salad Watermelon Milk	Lunch Cheese Pizza Pepper Strips Fresh Fruit Milk

Questions or comments? Please contact
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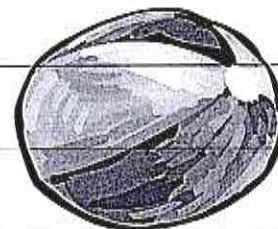


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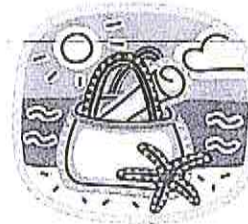
Windsor Summer July/August 2017



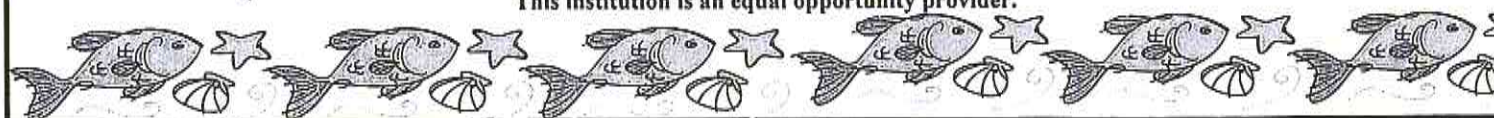
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Monday 7/17	Tuesday 7/18	Wednesday 7/19	Thursday 7/20	Friday 7/21
Lunch Ham, Salami and Cheese Sub Baby Carrots Local Apple Milk	Lunch Bologna & Cheese Sandwich Cucumber Slices Peaches Milk	Lunch Chicken Caesar Salad Breadstick Fresh Orange Milk	Lunch Ham & Cheese Sub Garden Salad Watermelon Milk	Lunch Cheese Pizza Celery Sticks Fresh Fruit Milk
Monday 7/24	Tuesday 7/25	Wednesday 7/26	Thursday 7/27	Friday 7/28
Lunch Chicken Salad on Roll Baby Carrots Local Apple Milk	Lunch Chicken Caesar Wrap Grape Tomatoes Fresh Fruit Milk	Lunch Turkey & Cheese Sub Garden Salad Fresh Fruit Milk	Lunch Ham & Cheese Wrap Broccoli Tops Fresh Fruit Milk	Lunch Cheese Pizza Pepper Strips Fresh Fruit Milk
Monday 7/31	Tuesday 8/1	Wednesday 8/2	Thursday 8/3	Friday 8/4
Lunch Ham and Cheese Sub Cucumber Wedges Fresh Fruit Milk	Lunch Tuna Salad on Roll Baby Carrots Local Apple Milk	Lunch Chicken Caesar Salad Breadstick Peaches Milk	Lunch Turkey and Cheese Wrap Tomato Basil Salad Fresh Fruit Milk	Lunch Cheese Pizza Celery Sticks Watermelon Milk
Monday 8/7	Tuesday 8/8	Wednesday 8/9	Thursday 8/10	Friday 8/11
Lunch Bologna & Cheese Sandwich Baby Carrots Local Apple Milk	Lunch Chicken Salad on Roll Cucumber Wedges Peaches Milk	Lunch Turkey and Cheese Sub Caesar Salad Fresh Orange Milk	Lunch Ham & Cheese Wrap Garden Salad Watermelon Milk	Lunch Cheese Pizza Pepper Strips Fresh Fruit Milk

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2 -Week Cycle Menu 2017 – LEBANON LUNCH FRIENDS

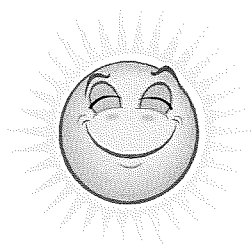
WEEK 1 MENU	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH *Menu subject to change without notice* (** Measured amount)	WW Breadstick (1) String Cheese (2) Marinara Sauce (2 pc) Baby Carrots (1/4 cup) Fresh Apple (1= 1/2 c) 1% Milk (8oz)	Tuna Salad on a WW Bun (1) Veggie Sticks (1/4 c) Fruit: Oranges (1/2 cup) Gripz Mini Graham Crackers (1 pkg) 1% Milk (8 oz)	Sunwise™ Sunbutter & Jelly Crustless Sandwich (1- 2.8 oz) String Cheese (1) Fresh Broccoli(1/4c) Ranch Dip (2T) Fresh Orange (1) 1% Milk (8oz)	Southwest Wrap-1 (1.5 cr. oz.Chicken, .5 oz cheese & 1/2 cup*Spinach) 1/4 c.Black bean/Salsa Mix Raisins (1/4 c**= 1pk) Tortilla chips (.5 oz) 1% Milk (8 oz)	Ham & Cheese Sand. on WW (1) Mayo & Mustard Pkt - 1ea Romaine(1/4 cup**) Grape Tomatoes (4) Fruit Cocktail Cups (1) 1% Milk (8 oz)

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WEEK 2 MENU	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH *Menu subject to change without notice* (**Measured amount)	Sunwise™ Sunbutter & Jelly Crustless Sandwich (1- 2.8 oz) String Cheese (1) Fresh Broccoli (1/4 c) Ranch Dip (2T) Fresh Orange (1) 1% Milk (8oz)	Turkey & Cheese on WG Bun (1) Mayo & Must. Packet 1 each) Romaine(1/4 cup**) Grape Tomatoes (4) Fruit (1/2 cup) 1% Milk (8oz)	WW Breadstick (1) String Cheese (2) Marinara Sauce (2 pc) Baby Carrots (1/4 cup) Fresh Apple (1= 1/2 cup) 1% Milk (8oz)	Ham & Cheese Sandwich WW (1) Mayo & Mustard Pkt - 1ea Cucumbers (1/4 c) Fruit (1/2 cup) 1% Milk (8oz)	Chicken Salad on WW Wrap (1) w/ Spinach (1/2 c**) Mini Pretzels (1) Grapes or Kiwi (1/4 c) Celery Sticks (1/4 c) 1% Milk (8oz)

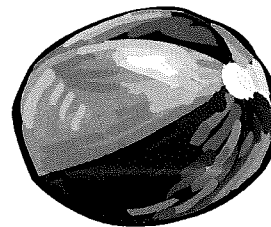
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2017 Cycle Rotation Dates: Week 1: June 19-23 Week 2: June 26-30 Week 1: July 3-July 7 Week 2: July 10-14 Week 1: July 17- 21 Week 2: July 24-28 Week 1: July 31- August 4 Week 2: August 7-11 Week 1: August 14-18 Week 2: August 21-25					
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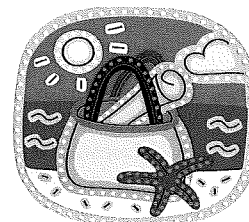
Mascoma Summer June/July 2017

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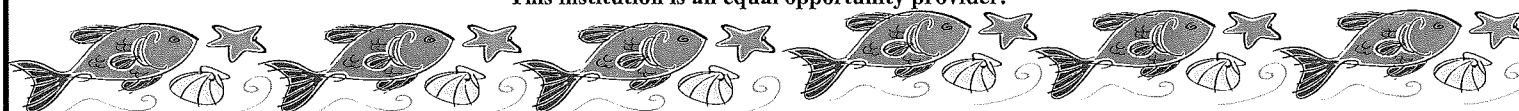


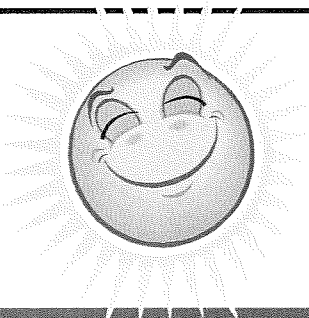
Monday 6/26	Tuesday 6/27	Wednesday 6/28	Thursday 6/29	Friday 6/30
Breakfast Yogurt & Grahams Fruit & Milk Lunch Cold Cut Sub Baby Carrots Local Apple Milk	Breakfast Bagel & Cream Cheese Fruit & Milk Lunch Cheeseburger on a Bun Baked Beans Potato Wedges Peaches Milk	Breakfast Cereal & Cheese Stick Fruit & Milk Lunch Chicken Caesar Salad Breadstick Fresh Orange Milk	Breakfast Fresh Muffin Fruit & Milk Lunch Ham & Cheese Sandwich Cucumber Wedges Watermelon Milk	Breakfast Cinnamon Donut Fruit & Milk Lunch Cheese Pizza Celery Sticks Fresh Fruit Milk
Monday 7/3	Tuesday 7/4	Wednesday 7/5	Thursday 7/6	Friday 7/7
NO MEALS TODAY	NO MEALS TODAY	Breakfast Bagel & Cream Cheese Fruit & Milk Lunch Turkey & Cheese Sandwich Celery Sticks Fresh Fruit Milk	Breakfast Fresh Muffin Fruit & Milk Lunch American Chop Suey Broccoli Fruit Milk	Breakfast Cinnamon Donut Fruit & Milk Lunch Cheese Pizza Zucchini Wedges Fresh Fruit Milk
Monday 7/10	Tuesday 7/11	Wednesday 7/12	Thursday 7/13	Friday 7/14
Breakfast Yogurt & Grahams Fruit & Milk Lunch Ham and Cheese Sub Cucumber Wedges Fresh Fruit Milk	Breakfast Bagel & Cream Cheese Fruit & Milk Lunch Turkey & Cheese Wrap Broccoli Tops with Dip Fresh Fruit Milk	Breakfast Cereal & Cheese Stick Fruit & Milk Lunch Chicken Patty on Wheat Roll Tomato Basil Salad Peaches Milk	Breakfast Fresh Muffin Fruit & Milk Lunch Soft Chicken Taco Taco Fixings Corn & Black Bean Salad Fresh Fruit Milk	Breakfast Cinnamon Donut Fruit & Milk Lunch Cheese Pizza Celery Sticks w Dip Watermelon Milk
Monday 7/17	Tuesday 7/18	Wednesday 7/19	Thursday 7/20	Friday 7/21
Breakfast Yogurt & Grahams Fruit & Milk Lunch Cold Cut Sub Sandwich Baby Carrots w/ Hummus Local Apple Milk	Breakfast Bagel & Cream Cheese Fruit & Milk Lunch Cheeseburger on a Bun Baked Potato Wedges Peaches Milk	Breakfast Cereal & Cheese Stick Fruit & Milk Lunch Meatball Sub Caesar Salad Fresh Orange Milk	Breakfast Fresh Muffin Fruit & Milk Lunch Ham & Cheese Wrap Zucchini Wedges Watermelon Milk	Breakfast Cinnamon Donut Fruit & Milk Lunch Cheese Pizza Cucumber Wedges Fresh Fruit Milk

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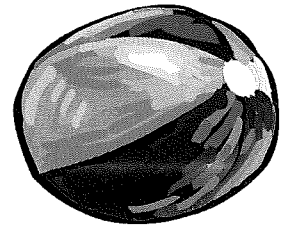


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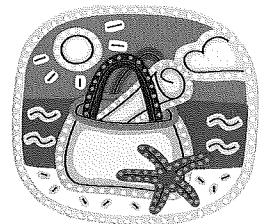
Mascoma Summer July/August 2017



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Monday 7/24	Tuesday 7/25	Wednesday 7/26	Thursday 7/27	Friday 7/28
Breakfast Breakfast Bar Fruit & Milk Lunch Turkey & Cheese Sandwich Broccoli Tops w Dip Fruit Milk	Breakfast Yogurt & Grahams Fruit & Milk Lunch Chicken on Patty on Wheat Roll Baby Carrots Local Apple Milk	Breakfast Bagel & Cream Cheese Fruit & Milk Lunch Hot Dog Potato Salad Fresh Fruit Milk	Breakfast Fresh Muffin Fruit & Milk Lunch Soft Beef Taco Taco Fixings Corn & Black Bean Salad Fresh Orange Milk	Breakfast Cinnamon Donut Fruit & Milk Lunch Cheese Pizza Celery Sticks Fresh Fruit Milk
Monday 7/31	Tuesday 8/1	Wednesday 8/2	Thursday 8/3	Friday 8/4
Breakfast Yogurt & Grahams Fruit & Milk Lunch Ham & Cheese Sandwich Garden Salad Fresh Fruit Milk	Breakfast Bagel & Cream Cheese Fruit & Milk Lunch Meatball Sub Spinach Salad Fresh Fruit Milk	Breakfast Cereal & Cheese Stick Fruit & Milk Lunch Turkey & Cheese Wrap Tomato & Cucumber Salad Peaches Milk	Breakfast Fresh Muffin Fruit & Milk Lunch American Chop Suey Peas Fresh Fruit Milk	Breakfast Cinnamon Donut Fruit & Milk Lunch Cheese Pizza Pepper Strips Roasted Chickpeas Watermelon Milk
Monday 8/7	Tuesday 8/8	Wednesday 8/9	Thursday 8/10	Friday 8/11
Breakfast Breakfast Bar Fruit & Milk Lunch Cold Cut Sub Baby Carrots w/ Hummus Local Apple Milk	Breakfast Bagel & Cream Cheese Fruit & Milk Lunch Cheeseburger on a Bun Baked Potato Wedges Peaches Milk	Breakfast Cereal & Cheese Stick Fruit & Milk Lunch Turkey and Cheese Sub Cucumber Wedges Fresh Fruit Milk	Breakfast Fresh Muffin Fruit & Milk Lunch Soft Chicken Taco Taco Fixings Corn Fresh Fruit Milk	Breakfast Cinnamon Donut Fruit & Milk Lunch Cheese Pizza Broccoli Tops w Dip Fresh Fruit Milk

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