

Weekend Food Program

The Weekend Food Program discreetly supplies children with food for the weekends. Bags are filled with nutritious, easy to prepare, child friendly food items. In order to ensure confidentiality, these bags will be ready for pick-up at school by your child(ren) at the end of each school week.

THE FOOD ITEMS INCLUDED IN THE BAGS ARE AS FOLLOWS:

- 2 individual boxes of cereal or individual packs of oatmeal (.75 oz.)
- 2 pkg. soup (ramen noodles (3 oz.), can or Cup of Soup)
- 1 can of tuna or chicken (5-7 oz.)
- 1 can of pasta (raviolis, Spaghetti O's or stew (15 oz.)
- crackers
- 1 box of macaroni and cheese (7-8 oz.)
- 2 juice boxes (100% juice, 6.75 oz.)
- 2 individual packs of peanut butter
- 2 individual packs of jelly
- 3 snack items (raisins, granola bars, fruit snacks, cheese crackers, pretzels, pudding cups, fresh apple or citrus, fruit cups, etc.)
- 2 boxes of shelf stable white milk (8 oz.)

* Substitutions may be made based on availability for food items.



REGISTRATION FOR PROGRAM:

The school would like to connect interested families to this program. This information form will be sent home with the child asking parent permission, household food allergies. This form will serve as a release of liability waiver. Parents and participating families will assume responsibility for the food they receive. Once the form is returned, the child will be enrolled in the program. **The first food bags will be sent home Friday September 21.**

*** If interested, please complete and return as soon as possible to the
MHS Front Office Attention KEVIN LYNOTT or email the form to kevin.lynott@fcps.org**

Please return the form no later than Friday September 14.

Our first delivery will be sent home Friday September 21.

All information is strictly confidential..

SPONSORING ORGANIZATIONS:

Churches

Christ Reformed United Church of Christ
Grossnickle Church of the Brethren
Holy Family Catholic Community
Jefferson Church of Christ
Jefferson United Methodist
Mt. Zion United Methodist
Middletown United Methodist
Zion Lutheran
Faith Baptist Church

Community Organizations

Maryland Food Bank
Middletown Valley People Helping People

Companies

Apple and Eve
Costco
J.M. Smuckers

Weekend Food Program

() Yes I would like to participate in this program.

Parent/Guardian: _____

Address: _____

Home Phone: _____ Work Phone: _____

Cell Phone: _____

Names and Ages of Children attending the school

Food Allergies of the child

* If interested, please complete and **return as soon as possible to the MHS Front Office**

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