

Palo Verde Unified
School District
Nutrition Services
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Pvusd.us

Nutrition Notes

Spring 2013

A publication of the Nutrition Services Department

National School Breakfast Week March 4-8, 2013

Breakfast available at all schools

Mornings can be really crazy! The alarm doesn't go off, the kids don't want to get up, there's no time to eat breakfast before the bus comes or they're just not ready to eat. Or maybe your teenager grabs a can of soda and a candy bar on the way to school. If this sounds like your house, we have good news for you.

Breakfast is available at all schools! Take advantage of this option to ensure your child eats a nutritious breakfast. Recent studies show a link between nutrition and learning. A nutritious breakfast helps students be more alert so they can actively participate in class. Breakfast has vitamins and nutrients for a strong and healthy body.

Breakfast at school is affordable, too. A full breakfast cost less than convenience store items. If you qualify for free and reduced price meals, you also qualify for the breakfast program, with no additional paperwork. Elementary schools offer breakfast daily at NO CHARGE for all students. BMS & PVHS offer breakfast before school and at high school snack break.

High School/BMS Breakfast Prices

Full Price	\$ 1.50
Reduced	\$.40

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- To garner increased participation in the School Breakfast Program, Palo Verde Unified School District will recognize a National School Breakfast Week. Slated for March 4-8, National Breakfast Week is a week-long celebration aimed at increasing awareness of the School Breakfast Program among students and parents.
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- The 2013 theme "Be a Star with School Breakfast," highlights how eating a balanced breakfast at school can help students shine like their favorite stars in the movies, on the field, and on TV.
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- Every school day, PVUSD's breakfast program offers students the healthy foods they need to get set for a busy school day. Every school breakfast served meets federal nutrition standards limiting fat and portion size.
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- "Be a Star with School Breakfast" was created by the non-profit School Nutrition Association with support from Kellogg's Foodservice. This national campaign recognizes National School Breakfast Week, launched in 1989 to raise awareness of the availability of the School Breakfast Program to all children and the links between eating a good breakfast, academic achievement and healthy lifestyles.
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Did You Know?

You've probable heard the adage, "Breakfast is the most important meal of the day." We couldn't agree more. The word breakfast, literally means breaking the fast. After many hours without nourishment, breakfast provides important nutrients that fuel physical activity and mental performances during the morning hours. With food in the tummy, a child can focus on learning instead of on a rumbling stomach and what's on the lunch menu.

In a recent review of over 45 studies, researchers at the University of Florida found that kids who regularly eat breakfast may have the following advantages over their non-breakfast eating counterparts:

- Better brain power related to memory
- Better test grades
- Better school attendance
- Better overall diet
- Better health and sense of well-being
- Healthier body weight

Regularly eating breakfast makes sense - both for the brain and body. And, when it comes to breakfast, best bets are to choose a variety of foods, especially nutrient-rich whole grains, fruits and protein-rich foods. Bon appetite!



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- Set It & Forget It... automatic payments
- Register for your FREE account today!

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You will need your student's 7 digit student ID number to set up an account. For assistance call the Nutrition Department at (760) 922-4164 ext. 1222.

Meal applications are available

During these difficult economic times, we want to remind families that free and reduced price meal applications may be submitted at anytime during the school year. Applications are available from school offices, the District's website at www.pvusd.us under the Nutrition Services tab, or by contacting Nutrition Services at (760) 922-4164 ext. 1222.

This program exists to help families provide school meals for their students, but the application is also used to determine how much funding our schools receive for supplies and other educational resources.

Sack Lunches - Alternate Meals

Students with negative balances over \$10.00 (elementary) and \$ 12.50 (secondary) will be served an "alternate meal." District Policy requires that the Nutrition Services Department limits the negative balances to these amounts.

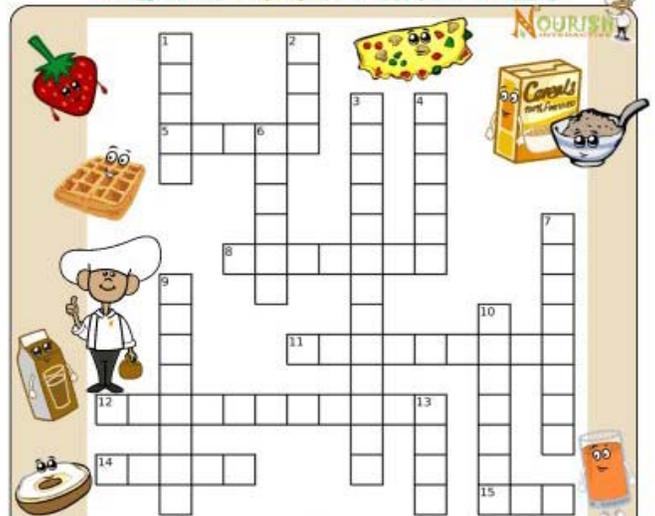
Please repay negative balances and pre-pay for future meals. If you have any questions on your student's account, contact Nutrition Services at 922-4164 ext. 1222. Students can always pay cash to receive a regular meal.

Fast Scrambled Eggs

Beat 2 eggs together with 1/4 cup milk in a microwaveable dish and microwave for 2 minutes. Watch it rise like a soufflé.

Fluff with a fork and sprinkle with cheese. Serve with whole wheat toast and jam and low-fat milk, and the kids are ready to start their day.

Chef Solus Breakfast Crossword Puzzle



- | Across | Down |
|---|---|
| 5 The small meal after breakfast and before lunch | 1 French _____ or pancakes |
| 6 Belgium _____ with strawberries | 2 This taste great with whole grain cereal |
| 11 This meal helps you do great in school | 3 This comes from a cow but its not white |
| 12 This fruit juice has vitamin C | 4 Home fries or hash _____ |
| 14 Put cream cheese or peanut butter on this | 6 Some kids like to eat this without milk. |
| 15 Ome _____ with mushrooms and cheese | 7 Bananas, strawberries and yogurt mixed together to make a _____ |
| | 9 Mickey Mouse shaped _____ with eggs |
| | 10 Eat this warm with milk, raisins, and brown sugar. |
| | 13 Scrambled, poached and fried _____ |