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A service of Heartland Payment Systems, Inc. A service fee is charged only when a payment is made.

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](http://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

- 5 The small meal after breakfast and before lunch
- 6 Belgium \_\_\_\_\_ with strawberries
- 11 This meal helps you do great in school
- 12 This fruit juice has vitamin C
- 14 Put cream cheese or peanut butter on this
- 15 Ome \_\_\_\_\_ with mushrooms and cheese

Down

- 1 French \_\_\_\_\_ or pancakes
- 2 This taste great with whole grain cereal
- 3 This comes from a cow but its not white
- 4 Home fries or hash \_\_\_\_\_
- 6 Some kids like to eat this without milk.
- 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 \_\_\_\_\_