

Nutrition Notes

Fall 2013
Elementary

A publication of the Nutrition Services Department

Elementary Meal Prices:

- Breakfast: No Charge
- Lunch : \$2.00
- Reduced Breakfast: No Charge
- Reduced Lunch: \$.40
- Extra Milk/Juice: \$.50
- Adult Breakfast: \$2.00
- Adult Lunch: \$3.00

Every year, your family receives a Free and Reduced Price Meal Application. It is important to fill out this form and return it to school for two reasons:

1. The application lets us know if your child is eligible for free or reduced price school meals. Children from families that earn below a certain income level can receive free or reduced price lunch and breakfast at school.
2. Applications are used to match funding our school receives for resources for students such as books and classroom furniture.

The application is easy to fill out and easy to understand. Also, you don't have to worry about your information being shared with others, the application information is CONFIDENTIAL.

Support the School Meal Programs today by completing your application! If you have any questions, feel free to contact the school's Nutrition Department at (760) 922-4164 ext. 1222.

Parents may now access their child's meal account online. To set up a new account - Type in the link: www.myschoolbucks.com Also, available on the Nutrition Services tab on the PVUSD website at www.pvusd.us

You will need your student's ID (not their lunch #). The ID# is on their report card, or can be obtained from the school or Nutrition Services Department at 922-4164 ext. 1222.

If you choose to make payments online, there will be a \$1.95 convenience fee, but no charge for viewing account information. Payments are still accepted at the school office, cafeteria or district office.

Join the Breakfast Club...

All elementary students can enjoy a school breakfast at **NO CHARGE**, regardless of household income. Students who eat breakfast have less absenteeism and higher test scores. Breakfast is available in the elementary cafeterias daily, starting at 7:30 AM.

Last years meal eligibility expires on October 2, 2013, If you do not have an approved meal application on file for the new school year, your student will be charged full price for school meals. Contact Nutrition Services at 922-4164 ext. 1222 if you have any questions.

The Healthy Hunger-Free Kid Act has given our nutrition programs an overhaul. Last year we increased our whole grains, reduced the fat in our dairy and added more fruits and vegetables. This year we are implementing new Breakfast regulations. Along with whole grains and dairy, **each breakfast now includes a ½ cup of fruit.** Take advantage of the BREAKFAST CLUB and start your school day with breakfast!



WHY  **start the day with a growling stomach?**
Come to School Breakfast

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