



Healthy Options in Our School Cafeterias!

Dear Center Joint Unified School District Families,

All meals at Center Joint Unified school cafeterias are meeting or exceeding the required federal nutrition standards for school meals, ensuring that meals are healthy, well-balanced and provide students all the nutrition they need to succeed at school. Now is a great time to encourage your kids to choose school lunch!

Our cafeteria meals offer students milk, lean proteins, whole grains, fresh fruit and vegetables on our salad bars and we meet strict limits on saturated fat and portion size. Our school lunches meet high standards requiring:

- Age-appropriate calorie limits
- Larger servings of vegetables and fruits (students must take at least one serving)
- A wider variety of vegetables, including dark green and red/orange vegetables and legumes
- Fat-free or 1% milk (flavored milk must be fat-free)
- Whole grain pastas, tortillas and rice
- Low sodium and No Trans Fats
- Vegetarian selections

We offer salad bars with fresh fruits & vegetables daily at all our schools. Students have many tasty choices to pick from, even their favorite foods are a healthier version.

School meals are a great value and a huge convenience for busy families!

Our breakfast comes with choice of breakfast item, milk and fruit for \$1.75 at all our schools.

Lunch for the elementary sites are \$3.00 and for the secondary sites \$3.25. Students get their choice of entrée, milk and help themselves to our salad bars loaded with fresh fruit and veggies!

For your convenience and to speed up the lunch lines for the students we have an online payment system where you can pay and track your child's meals, the website is www.myschoolbucks.com (there is a small fee of \$1.35 per transaction). You will need to know your child's five digit student ID# to sign up, email the Nutrition Department at nutritionservices@centerusd.org and we will email the ID# to you or pay in the Nutrition Office (no fee).

We do not allow charging of meals so please make sure your child(ren) have money on their meal account(s). To ensure your child will not go hungry if they forget their lunch or lunch money, we will have complimentary meals available in the cafeteria.

We look forward to welcoming your children to the cafeteria this fall. To find out more about Center Joint Unified's healthy school meals visit our website at www.centerusd.org click on Departments, then Nutrition Services department or you can call our Nutrition Dept. at (916)338-6416.

Thank you!