

Welcome to Food Services!

Dear Parents and Students,

The Food Services Department at Fullerton Joint Union High School District is committed to providing healthy school meals and snacks to all students. The team of dedicated food and nutrition professionals support student academic success and promote healthful eating habits that lead to lifelong positive nutrition practices.

School meals are served to students under the National School Lunch Program and the School Breakfast Program and follow the nutrition guidelines prescribed by The Healthy, Hunger-Free Kids Act of 2010. The law was designed to reduce the incidence of childhood obesity by providing healthier choices to students.

- Increased produce options, ensuring that students receive both fruits and vegetables every day of the week.
- Portion size guidelines and calorie limits based on the age of children served.
- Increased emphasis on whole grain products.
- Limits on the types of milk served, with an emphasis on low fat (1%) and non-fat varieties



To learn more about school meal regulations visit www.TrayTalk.org

The winning recipe for a healthy lifestyle includes a combination of good nutrition and physical activity. Your body needs a variety of nutrient rich foods to grow and prevent illness. Your body also needs to move and exercise every day.

Key things you need to know about leading a healthy lifestyle are:

- Eat a healthy diet that includes fruits, vegetables and whole grain products.
- Control portion sizes and never "Supersize".
- Get active for at least 60 minutes, five times a week for ages 6-18.

Well-nourished students have higher test scores, increased school attendance, improved concentration, and improved classroom behavior. Students who are physically fit sleep better and are better able to handle the physical and emotional challenges that they encounter during the day.

Pricing

Student Breakfast	\$2.50 per meal
Student Lunch	\$3.75 per meal



Visit our website....

www.FJUHSDFoodServices.org

Learn how we are raising the bar on student nutrition

Learn more about....

- How to apply for free and reduced- priced meal benefits
- Online applications
- Online payments
- Healthy menus



....and how you can raise healthy kids at home!

Menus are also accessible through our mobile app, available for download in the App Store and Google Play.



Fullerton Joint Union High School District

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www.FJUHSDFoodServices.org



The USDA is an equal opportunity provider and employer.

Student Wellness & Physical Fitness

The District has developed a Wellness Policy that is focused on improving the health of students. The policy was developed by the District's Health and Wellness Advisory Council that includes teachers, parents, students, administrators, community partners and the District nurse. Fullerton Joint Union High School District encourages the use of non-food items for celebrations and fundraising.

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The District is dedicated to our students, their health and the pursuit of preparing them to not only succeed in the classroom, but also in life.

The District is centered on providing students with healthy meals while they are at school, and committed to helping students form healthy habits that will last a lifetime!



Online Payments

Online payments are available through e-funds!



e-Funds Benefits to Parents:

- Parents can eliminate the worry that their children could lose checks or cash for payment of school lunches or activities.
- The service requires a simple, one-time registration and has continued ease of use for the parent.
- Payments can be made 24 hours a day from the parent's checking account or by credit card. This allows flexibility of payments and give the parent alternate payment choices.
- During a single online visit, parents can fund lunch accounts and pay for other school activities for all their children in one payment.
- Automated payments can be activated by parents, which assures lunch fund(s) are replenished on a scheduled basis, preventing their child's lunch account from being short of funds.
- Each time a payment is made, the system sends an e-mail to the parent providing them with a payment confirmation.
- Parents may view online payment history for the entire school year.



Free and Reduced Lunch Applications

Now you can apply online for your children to receive free or reduced priced school meals. Your application will be sent from our secure Web site directly to the District's Food Services Department, so you don't need to worry about filling out a paper form that could be lost or misplaced.

We have designed LunchApplication.com to make it easy for you to know exactly what information you need to provide and to guide you through the process. Fullerton Joint Union High School District will determine your eligibility and send you a letter with the results.



LunchApplication.com is an easy, secure, and convenient way to apply for free or reduced priced lunches.

LunchApplication.com

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LOGIN

Username:

Password:

Sign In

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Apply Today for a Healthy School Meal

NS SECURE network solutions

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