

Did You Know?

All Students are Invited to Eat Breakfast at their School



Breakfast starts 30 minutes before school

**How Much Does it Cost?
\$.75 or Free**

CONVENIENT PRE-PAYMENT METHODS AVAILABLE

SAUSD offers several types of payment services to parents. These services are offered as a convenience and are strictly voluntary. Pre-payments are deposited into the student's meal account. Meal and a la carte purchases are deducted on the day the student eats. Payments by cash or money order may be made in person at the school cafeteria, or at the food service office at 1749 E. Carnegie, Santa Ana, CA, 92705. Questions: (714) 431-1900

STUDENTS DON'T NEED TO CARRY LUNCH MONEY TO SCHOOL!

Lunch is served daily (including modified days)

Choose 1 entrée - 2 sides - lowfat milk

How Much Does it Cost?

**ELEMENTARY.....\$1.50 OR FREE TO THOSE WHO QUALIFY
SECONDARY.....\$1.75 OR FREE TO THOSE WHO QUALIFY**

The district promotes a Wellness Policy and students are making a healthy life-style choice when they eat school meals. Lunches are designed to provide 1/3 of a student's daily Recommended Dietary Allowance for protein, calcium, iron, vitamin A, vitamin C, and calories. The foods selected for the school lunch program contain whole grains, less than 30% calories from fat, and no trans fats. A variety of fresh fruits and vegetables are served, including cucumbers, baby carrots, broccoli, tomatoes, jicama, salad greens, tangerines, grapes, bananas, apples, and oranges. Meals are designed to be fun, appeal to children, and introduce students to a wide variety of healthy food choices. Each lunch contains an entrée, a vegetable, a fruit, bread and milk, and students have the option to select 3, 4, or 5 food items each day.

Menus and nutritional information can be viewed on the District website at <http://www.sausd.us>