

July 1, 2019

Dear AUSD Families,

Welcome to the 2019-2020 school year! AUSD's Food and Nutrition Services Department (FANS) has spent this summer preparing for your return and look forward to providing well-prepared, good-tasting food for your students.

This year, FANS pledges to continue to offer meals that provide a variety of protein choices and grains, fresh fruits and vegetables, and milk and that are as tasty as possible so students get the nutrition they need to succeed at school. Those meals will also meet the federal government's strict nutrition standards, including:



Age-appropriate calorie limits;

- Larger servings of vegetables and fruits (students must take at least one serving of produce)
- A wider variety of vegetables, including dark green and red/orange veggies, as well as legumes
- Fat-free or 1% milk (flavored milk must be fat-free); and
- More whole grains and less sodium

School meals are a great value and a huge convenience for busy families. Prices for meal. Prices for meals are:

	Breakfast	Week	Month	Year	Lunch	Week	Month	Year
Elementary School	\$1.75	\$8.75	\$40.25	\$315	\$3.25	\$16.25	\$68.25	\$585
Middle School	\$1.75	\$8.75	\$40.25	\$315	\$3.75	\$18.75	\$82.50	\$675
High School	\$1.75	\$8.75	\$40.25	\$315	\$4.00	\$20.00	\$84.00	\$720
Reduced-Price Meal	\$0.30	\$1.50	\$6.60	\$54	\$0.40	\$2.00	\$8.80	\$72
Adult Prices, tax included	\$3.00				\$4.50			
PREPAY FOR MEALS AT: www.myschoolbucks.com								

All families are encouraged to apply for the Free/Reduced-Price Meal program. You can find the online and confidential application at: www.myschoolapps.com. In addition to receiving healthy meals that can be crucial to a developing child's physical, mental and emotional health, students and families in FRPM program are eligible for:

- Discount on AT&T Internet Service (ACCESS)
- Reduced fees for the Preliminary Scholastic Aptitude Test (PSAT)
- Scholastic Aptitude Test (SAT) fee waivers
- Discounts on SAT prep classes
- American College Testing (ACT) waivers of basic registration fees
- Reduced fees for Advance Placement (AP) exams
- Free college applications

Our amazing FANS staff work hard to provide your children with nutritious meals that they will enjoy. We are excited about the menu plans for this year and hope you will encourage your child to eat with us!

If you have any questions regarding our menu, or any other services we can provide, please do not hesitate to call us at 510-337-7079. To find out more about AUSD's healthy, tasty school meals, please visit:

www.alameda.k12.ca.us/foodservices.

James Assia
Director, FANS

Wendy Huang
Operations Manager

Pat Constantine
Operations Manager

Andrea Assia
Account Technician