

# FOOD & NUTRITION DEPARTMENT

## INFORMATION ABOUT OUR ELEMENTARY PROGRAM

### SCHOOL MEAL ACCOUNTS

#### MY SCHOOL BUCKS (MSB)

All students have a MySchoolBucks account established in the MBUSD database. You can also open a parent account online for your convenience at MySchoolBucks.com. From your parent portal, you can deposit funds online, setup low balance alerts, and view your children's daily purchases. DEPOSITS TAKE UP TO 24 HOURS TO APPEAR ON THE ACCOUNT

#### PRE-PAYMENTS

Parents are responsible for funding the account and keeping it from becoming overdrawn (negative). The pre-payment is used against your child(ren) purchases like a debit account. On average a \$100 deposit per month is recommended. This will pay for 28 lunches. Students **may not** share an account

#### PRICES

Lunch cost \$3.50 per day and includes items listed on the menu. We also offer a limited number of a la carte items. Menus are posted online monthly.

#### HOW STUDENTS PLACE AN ORDER

Each morning, the homeroom teacher will ask each student if they will be ordering lunch in the cafeteria; then ask them for their menu selection.. This order is then sent to our central kitchen, and prepared fresh daily. Please remind your child(ren) to take what they ordered, otherwise they are taking someone else's lunch order.

#### HOW MEALS ARE PURCHASED

Elementary School students, do not need an ID card to make their purchases. They will come through the lunch line, take the meal they ordered in the morning, choose a milk and help themselves to the items on the fresh fruit and vegetable bar. Then the cashier will ask them their name, and look up their account, the purchase is charged to their account. Children sometime make purchases without their parents knowledge. We encourage parents to keep an eye on their students account balances in MySchoolBucks. If your child is buying without your permission, please notify the Food & Nutrition Office so we can notate your account and prevent your child from making future purchases.

#### NEGATIVE BALANCE POLICY

Your child will be extended credit up to five (5) lunches. Once the 5 lunch charge limit has been reached, he/she will be sent to the main office to contact you. It will be your responsibility to provide food OR send money with your child to pay for his/her meal on a daily basis until the negative account balance is paid off. Please note that we will NOT extend credit beyond the 5 lunches and thus allow his/her account to become more negative.

If a parent/guardian is unresponsive to notifications and reminders sent out by the school district, the Food & Nutrition Department will have no choice but to offer the student a 'courtesy meal'. The cost of \$2.00 shall be charged to the student's account for each 'courtesy meal'. Courtesy meals will be offered any time an account is more than \$20.00 negative. We also send out negative balance notifications regularly. Low-balance reminders can be setup via MSB on your own as well.



MBUSD Food & Nutrition Services (FNS), operates under strict United States Department of Agriculture (USDA) Federal and State Laws & Regulations for all meals and foods served in schools. The 'School Meal' is the most regulated meal in America.

Brand name items you see on the menu are formulated specifically for School Child Nutrition programs. They are not the same as the retail version that you may purchase in a store or restaurant.

Here are some facts about the ingredients used to prepare meals:

- ◆ Whole Grains are the first ingredient (and a minimum of 51%) in breads, baked goods, breading, rice, cereal, pizza, all snacks, and almost all grain based foods we serve.
- ◆ None of the products contain added trans fats.
- ◆ Nothing is fried.
- ◆ Sugar is limited.
- ◆ All foods are low sodium.
- ◆ Dairy products do not contain high fructose corn syrup.
- ◆ Chicken is antibiotic-free.
- ◆ We serve fresh fruit and produce daily.
- ◆ We strive for locally grown produce as much as possible.
- ◆ We purchase high quality, brand name products such as Jennie-O, Tyson Foods, McCain, Land-O-Lakes, Schwan's, Heinz, Marzetti, Ken's and many more such as these.



All elementary schools students purchasing lunch have access to a variety of seasonal produce at our daily salad bars. We encourage you to talk to your children about trying new fruits and vegetables.

We strive to please all tastes and palates, while serving wholesome and fresh food

that is age appropriate.

All food is prepared onsite by MBUSD Food & Nutrition Services staff.

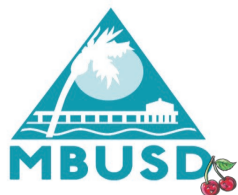
Food Safety is a high priority and taken seriously. FNS contracts with Food Safety Systems, a company that monitors the Safety and Sanitation of our kitchens and provides on-going training to our staff in these areas. Our rating is A+ in the LA County Health Department Inspections.

We also care about the environment. We have replaced our plastic utensils with wooden ones. We always supply the utensils needed with each meal served, but will charge \$.10 if utensils are requested for consuming food that is not purchased from the café. Please pack any necessary utensils for your children's lunchboxes. We are also seeking alternatives to water in plastic bottles, keep posted!

We attempt to minimize waste by implementing "offer vs. serve", allowing the student to choose some of the components of their meals.

Lunch orders are placed by the student in the homeroom class each morning. It is appreciated if students remember to take what they ordered so everyone is happy. If a student changes his or her mind in line, their friend may be disappointed because they may not get their pre-selected choice.

**NOTE: Compliant & Non-compliant foods, sold/served by Student/Parent Organizations for celebrations, events or fundraising may be served from one-half hour after school ends until midnight only. Otherwise foods must be pre-approved by the School District. The sale must occur after lunch period has ended. The food or beverage cannot be prepared on campus and the food or beverage item cannot be the same item sold in the MBUSD Food & Nutrition Program. Schools do not allow meal deliveries for a student other than by the student's own parent.**



# FOOD & NUTRITION DEPARTMENT

## INFORMATION ABOUT OUR PRESCHOOL PROGRAM



### SCHOOL MEAL ACCOUNTS

#### MY SCHOOL BUCKS (MSB)

All students have a MySchoolBucks account established in the MBUSD database. You can also open a parent account online for your convenience at MySchoolBucks.com. From your parent portal, you can deposit funds online, setup low balance alerts, and view your children's daily purchases.

DEPOSITS TAKE UP TO 24 HOURS TO APPEAR ON THE ACCOUNT

#### PRE-PAYMENTS

Parents are responsible for funding the account and keeping it from becoming overdrawn (negative). The pre-payment is used against your child(ren) purchases like a debit account. On average a \$100 deposit per month is recommended. This will pay for 28 lunches. Students **may not** share an account

#### PRICES

Lunch cost \$3.50 per day and includes items listed on the menu. We also offer a limited number of a la carte items. Menus are posted online monthly.

#### PRICES

Lunch cost \$3.50 per day and includes items listed on the menu. On average a \$100 deposit per month is recommended. This will pay for 28 lunches. AM snack and the PM Snack (if applicable) are included in your tuition fees.

#### HOW STUDENTS PLACE AN ORDER

Lunch must be PRE-ORDERED by the parent/guardian during morning drop-off. Look for the 'lunch order form' located outside your child's classroom. Initial in the box, corresponding to your child and the day of the week. Each meal is prepared onsite and delivered to the correct classroom at lunch time. Once ordered/prepared, meals are not refundable. Menus are available at the PreSchool and on the District website.

#### HOW MEALS ARE PURCHASED

After a meal is served, the cost of the meal (\$3.50) will be charged to your child's meal account. All PS meals are charged weekly, therefore the account balance may lag until the debit occurs. Parents are responsible for their children's fund balances in MySchoolBucks so please make sure the accounts have funds at time of order.

#### NEGATIVE BALANCE POLICY

Your child will be extended credit up to five (5) lunches. It will be your responsibility to provide food OR send money with your child to pay for his/her meal on a daily basis until the negative account balance is paid off. Please note that we will NOT extend credit beyond the 5 lunches and thus allow his/her account to become more negative.

If a parent/guardian is unresponsive to notifications and reminders sent out by the school district, the Food & Nutrition Department will have no choice but to offer the student a 'courtesy meal'. The cost of \$2.00 shall be charged to the student's account for each 'courtesy meal'. Courtesy meals will be offered any time an account is more than \$20.00 negative. We also send out negative balance notifications regularly. Low-balance reminders can be setup via MSB on your own as well.

MBUSD Food & Nutrition Services (FNS), operates under strict United States Department of Agriculture (USDA) Federal and State Laws & Regulations for all meals and foods served in schools. The 'School Meal' is the most regulated meal in America.

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Here are some facts about the ingredients used to prepare meals:

- ◆ Whole Grains are the first ingredient (and a minimum of 51%) in breads, baked goods, breadings, rice, cereal, pizza, all snacks, and almost all grain based foods we serve.
- ◆ None of the products contain added trans fats.
- ◆ Nothing is fried.
- ◆ Sugar is limited.
- ◆ All foods are low sodium.
- ◆ Dairy products do not contain high fructose corn syrup.
- ◆ Chicken is antibiotic-free.
- ◆ We serve fresh fruit and produce daily.
- ◆ We strive for locally grown produce as much as possible.
- ◆ We purchase high quality, brand name products such as Jennie-O, Tyson Foods, McCain, Land-O-Lakes, Schwan's, Heinz, Marzetti, Ken's and many more such as these.

All preschool students are served fresh fruit and produce with every meal, as well as low-fat white milk in the morning and at lunch. We encourage you to talk to your children about trying new fruits and vegetables.

We strive to please all tastes and palates, while serving wholesome and fresh food that is age appropriate.

All food is prepared onsite by MBUSD Food & Nutrition Services staff.

Food Safety is a high priority and taken seriously. FNS contracts with Food Safety Systems, a company that monitors the Safety and Sanitation of our kitchens and provides on-going training to our staff in these areas. Our rating is A+ in the LA County Health Department Inspections.

We also care about the environment. We have replaced our plastic utensils with wooden ones. We always supply the utensils needed with each meal served, but will charge \$.10 if utensils are requested for consuming food that is not purchased from the café. Please pack any necessary utensils for your children's lunchboxes.



**NOTE:** Compliant & Non-compliant foods, sold/served by Student/Parent Organizations for celebrations, events or fundraising may be served from one-half hour after school ends until midnight only. Otherwise foods must be pre-approved by the School District. The sale must occur after lunch period has ended. The food or beverage cannot be prepared on campus and the food or beverage item cannot be the same item sold in the MBUSD Food & Nutrition Program. Schools do not allow meal deliveries for a student other than by the student's own parent.



# FOOD & NUTRITION DEPARTMENT

## INFORMATION ABOUT OUR SECONDARY PROGRAM

### SCHOOL MEAL ACCOUNTS

#### MY SCHOOL BUCKS (MSB)

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#### PRE-PAYMENTS

Parents are responsible for funding the account and keeping it from becoming overdrawn (negative). The pre-payment is used against your child(ren) purchases like a debit account. On average a \$200 deposit per month is recommended. This will pay for 28 lunches & morning meals, of course this depends on your child(ren) purchases. Students **may not** share an account or ID Cards

#### PRICES

Lunch cost \$4.00 and includes choice of entree, side, fresh seasonal fruit and milk. We also offer a 2nd Chance Breakfast during the morning recess. The cost is \$2.25, and includes choice of entrée, fruit or juice and milk. Students may choose from a variety of a la carte items that are whole grain, low-fat and reduced sugar as well.

#### HOW MEALS ARE PURCHASED

All Secondary School students **must** use their ID cards at all times to make their purchases. The cashier will ask to see their card to verify their identity. The purchase is charged to their account. Food can be purchased at numerous locations throughout the MBMS and MCHS campuses. All locations serve meals, beverages and a la carte items although selections may vary.

#### WHAT IS AVAILABLE?

Secondary schools offer a great variety of entrée options for students to choose from. Fresh Meal Salads; Homemade Italian Dishes; Hot Panini Sandwiches; Custom Sub-your-Way Sandwiches; Daily Asian favorites; Specialty Grilled Quesadillas; and of course a variety of pizza and grab and go items as well such as burgers and chicken bites and more.

#### NEGATIVE BALANCE POLICY

Your child will be extended credit up to two (2) lunches. Once the 2 lunch charge limit has been reached, he/she will be sent to the main office to contact you. It will be your responsibility to provide food OR send money with your child to pay for his/her meal on a daily basis until the negative account balance is paid off. Please note that we will NOT extend credit beyond the 2 lunches and thus allow his/her account to become more negative.

If a parent/guardian is unresponsive to notifications and reminders sent out by the school district, the Food & Nutrition Department will have no choice but to offer the student a 'courtesy meal'. The cost of \$2.00 shall be charged to the student's account for each meal. Courtesy Meals will be offered any time an account is more than \$10.00 negative. We also send out negative balance notifications regularly. Low-balance reminders can be setup via MSB on your own as well.



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- ◆ All foods are low sodium.
- ◆ Dairy products do not contain high fructose corn syrup.
- ◆ Chicken is antibiotic-free.
- ◆ We serve fresh fruit and produce daily.
- ◆ We strive for locally grown produce as much as possible.
- ◆ We purchase high quality, brand name products such as Jennie-O, Tyson Foods, McCain, Land-O-Lakes, Schwan's, Heinz, Marzetti, Ken's and many more such as these.

All students purchasing lunch have access to a variety of seasonal produce at our daily.

We attempt to minimize waste by implementing "offer vs. serve", allowing the student to choose some of the components of their meals. We encourage our students to

take their fruit and milk with every meal sold.

We strive to please all tastes and palates, while serving wholesome and fresh food that is age appropriate.

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This coming school year, we are going to try a 'Pre-Order Deluxe Meal' at Mira Costa High School. We will post the 'How-To' when we are ready to roll it out!



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