



## POWAY UNIFIED SCHOOL DISTRICT GENERAL INFORMATION Frequently Asked Questions



**Q1: Can homemade food be brought to school?**

**A1:** Home prepared foods may be used only for individual student and staff lunches, and consumption by staff members on a voluntary basis. Because of safety and sanitation concerns, food prepared or stored in a private home cannot be given to students on campus. Food brought to school for purposes other than individual use must be store bought and pre-packaged.

**Q2: Can I still bring birthday celebration cupcakes for my child's class?**

**A2:** **Yes.** If food is used, items should be store bought, pre-packaged, and meet the District's nutritional standards. However, parents and staff are encouraged to find alternatives to food for these types of celebrations with students. Despite good intentions, many students with life-threatening food allergies can be placed at risk.

**Q3: Can classrooms still have pizza party reward celebrations?**

**A3:** **Yes.** However, parents and staff are encouraged to find alternatives to food for these types of celebrations with students. If a pizza party or lunch/breakfast celebration is planned for students during school meal time hours, the event should be coordinated with Food and Nutrition. Current regulations prohibit these types of celebrations from competing with Food and Nutrition during school meal periods.

**Q4: Can I use a BBQ on school property?**

**A4:** **No.** In order to have a BBQ on school property you must coordinate with the Food and Nutrition Department and comply with guidance contained in the California Retail Food Code.

**Q5: Can I cook food on campus and sell it to customers?**

**A5:** **No.** Cooking food on campus during meal periods is prohibited by state law. Cooking food on campus when school is not in session must be coordinated with the Food and Nutrition Department or the County Environmental Health Department.

**Q6: Are items such as carbonated beverages allowed to be sold in schools?**

**A6:** The only beverages that may be sold to students on campus during the school day are water, milk, 100 percent fruit juices, fruit and vegetable-based drinks that are composed of no less than 50 percent juice and have no added sweeteners; and electrolyte replacement beverages for secondary students only. This does not preclude the sale of carbonated beverages that meet the above requirements. Noncompliant beverages may be sold up to one-half hour before school and following one-half hour after school.

**Q7: Can students receive free second entrees?**

**A7:** **No.** The intent of the National School Lunch and School Breakfast Program is to provide one meal per child per meal period. Food and Nutrition supervisors plan and prepare meals based on the average number of students who participate in the program. To control costs and the number of servings available, free second entrees are not available. If a child is still hungry after completing the full meal, he or she may have additional fruits and vegetables or they can purchase an additional meal.

**Q8: Why is the second purchased meal priced higher than the first?**

**A8:** The higher meal price is because the District receives federal and state reimbursements for the first meal only. The second meal must be priced at the full cost of the meal (without subsidy).



**POWAY UNIFIED SCHOOL DISTRICT  
GENERAL INFORMATION  
Frequently Asked Questions (Continued)**



**Q9: How can my son get a larger portion?**

**A9:** Portion sizes are established by USDA to provide the Recommended Dietary Allowances (RDA), lunch is one-third of the RDA, and breakfast is one-fourth of the RDA. Extra servings of entrées and side dishes can be purchased for an additional cost. Moreover, all elementary schools have self-serve salad bars which allow students to choose the amount of fruits/vegetables they take.

**Q10: What if I want to join my child for lunch?**

**A10:** Parents are welcome to join their children for lunch. Please notify the school office in advance and check in at the school office upon arrival. Large groups should notify the Food and Nutrition Department ahead of time to ensure that enough food is available.

**Q11: What does the school lunch meal price include?**

**A11:** The lunch meal includes an entrée, 8 ounces of fluid milk, and at least one side dish. Students must take one full entrée and at least one of the other items offered. Meals are priced as a complete unit and the price cannot be lowered when students choose less than the prescribed food items.

**Q12: What does the school breakfast meal price include?**

**A12:** The breakfast meal includes 8 ounces of fluid milk, and two or more menu items. Students must take at least two of the menu items offered. Meals are priced as a complete unit and cannot be lowered when students choose less than the prescribed food items.

**Q13: Is breakfast available at all schools?**

**A13: No.** Breakfast is available at nine schools: Los Peñasquitos, Midland, Pomerado, Rolling Hills, Valley, Meadowbrook Middle, Mt. Carmel High School, Poway High School, and Westview High School.

**Q14: Are sack lunches available for field trips?**

**A14: Yes.** Teachers have sack lunch order forms to request sack lunches for their students when planning a field trip. Sack lunches cost the same as regular lunches and the cost is deducted from your child's meal account. Sack lunches contain a sandwich, fruit, veggies, milk, and an occasional treat. Sack lunches need to be ordered at least five days in advance.

**Q15: Can kindergarten children eat at school?**

**A15: Yes.** Parents should contact their child's school for more information about kindergartners. Kindergarten students are eligible to receive the same meal benefits (free or reduced) as other family members.

**Q16: Can my child take his or her lunch "to go"?**

**A16: No.** National School Lunch and School Breakfast meals must be **consumed** only on school premises in designated eating areas. Meals can also be consumed at other school approved and supervised locations, such as field trips.

**Q17: Can parents visit their children at school and eat food from their child's plate?**

**A17: No.** Guidance from USDA prohibits any adult, or any child not enrolled in the school, from eating from a child's plate. The California Department of Education has notified all school districts to make every effort to ensure that meals served are consumed only by the children for whom they were intended.