



SDUHSD NUTRITION SERVICES

SCHOOL MEALS 2021-2022

Frequently Asked Questions (FAQs)

What are school meals?

School meals are nutritionally adequate breakfast and lunch meals that are required to meet the Dietary Guidelines for Americans. Meals meet strict federal nutrition standards. The standards require schools participating in the National School Lunch (NSL) and Breakfast Programs (BP) to offer students the right balance of fruits, vegetables, low fat or fat-free milk, whole grains, and lean protein with every meal. (<https://www.fns.usda.gov>)

What are Smart Snacks in schools?

Smart Snacks are foods available for purchase on the school campus during the school day. All foods sold during the school day are required to meet nutrition standards. The Smart Snacks in School regulation applies to foods sold a la carte, in the school store, vending machines, and any other venues where food is sold to students. (<https://www.fns.usda.gov/cn/tools-schools-focusing-smart-snacks>)

Will school meals be free for the 2021-2022 school year?

Yes, San Dieguito Union High School District (SDUHSD) will provide free breakfast and lunch meals to all enrolled students for the 2021-2022 school year.

Do students/households need to submit an application for Free/Reduced Price Meals for 2021-2022?

No, an application is not necessary to access free breakfast or lunch school meals for the 2021-2022 school year.

What do I do if I need a Free/Reduced Price Meals- "Letter of Eligibility" to access community resources?

Please contact the SDUHSD Nutrition Services Administrative Office for more information.

Location: Oak Crest Middle School, 675 Balour Dr., Encinitas, CA 92024

Phone: 760-753-6241, ext. 3426,

Email: leslie.luna@sduhsd.net; marley.nelms@sduhsd.net

How does my student access free breakfast and/or lunch at school?

Each San Dieguito Union High School District (SDUHSD) student is assigned a confidential Pin number (#) through PayPams, regardless of if they deposit money in their account. Each student enters their confidential Pin # at the point of service (POS) for free breakfast and/or lunch.

Where can I find my student's confidential school meal Pin #?

- Access your student's Pin # via the Aeries Portal (**recommended**)
 - **Aeries Portal** → **Student Information Tab** → **Lunch Keypad Number**
- Students may ask any NS employee for their confidential Pin # during meal service
- Contact the NS Administrative office, 760-753-6241, ext. 3426, leslie.luna@sduhsd.net
- Contact the NS Supervisor assigned to your school site:



Canyon Crest Academy

Kristy St. Louis Stevens, 858-350-0253, ext. 4009, kristyn.stlouisstevens@sduhsd.net

Carmel Valley Middle School

Teresita Lencioni, 858-481-8221, ext. 3028, teresita.lencioni@sduhsd.net

Diegueno Middle School

Robin Carafa, 760-944-1892, ext. 6642, robin.carafa@sduhsd.net

Earl Warren Middle School

Gina Pierce, 858-755-1558, ext. 4420, gina.pierce@sduhsd.net

La Costa Canyon High School

Robin Carafa, 760-436-6136, ext. 6148, robin.carafa@sduhsd.net

Oak Crest Middle School

Monica Espinoza, 760-753-6241, ext. 3318, monica.espinoza@sduhsd.net

Pacific Trails Middle School

Contact NS Admin Office: 760-753-6241, ext. 3426, leslie.luna@sduhsd.net

San Dieguito Academy

Monica Espinoza, 760-753-1121, ext. 5013, monica.espinoza@sduhsd.net

Sunset High School

Monica Espinoza, 760-753-3860, ext. 5616, monica.espinoza@sduhsd.net

Torrey Pines High School

Rose Hernandez, 858-755-0125, ext. 2254, rose.hernandez@sduhsd.net

Why is the Pin # confidential?

Student Pin #'s are confidential and should NOT be shared with any other student (including siblings). Each student Pin # is connected to an individual account. The account (PayPams) is debit capable and may be used to purchase Smart Snacks from Nutrition Services. The Smart Snacks item and price list can be found on the Nutrition Services (NS) webpage at www.SDUHSDnutrition.com. Funds may be added to a student account via credit card, cash or check. To add funds via credit card, visit www.paypams.com to manage automatic or one-time payments. To add funds to a student account via cash or check, contact the NS Supervisor assigned to your school site or contact the NS Administrative office at 760-753-6241, ext. 3426 for more information.

What is PayPams?

PayPams (student meal account) is the simple, safe, and secure portal to manage your student's school meal account. Parents can view school meal participation, snack purchase history, set up automatic payments, and replenish funds.

Do I need a credit card to sign up for PayPams?

You do NOT need a credit card to add money to your student's PayPams account. You may send a check or cash which will be added to your student's PayPams account. Money may be added by sending cash or a check made payable to: **SDUHSD Nutrition Services**. Please indicate your student's first and last name, grade and school on the memo line of the check. You may also send cash to be added to the prepaid (PayPams) account. Please contact the NS Supervisor at your student's school site for more information regarding cash payments to the PayPams account.



[How can a student add money to a PayPams account if they do not have a credit/debit card?](#)

See “Do I need a credit card to sign up for PayPams?”

[What is included with free meals for the 2021-2022 school year?](#)

Each meal is provided as a combination meal (Combo Meal) with the following components:

Breakfast Combo

- Breakfast Entrée
- Fruit/Juice
- Optional: Milk (8oz, 1% White or non-fat Chocolate)

Lunch Combo

- Lunch Entrée
- Fruit/Juice or Vegetable
- Optional Milk (8oz, 1% White or non-fat Chocolate)

[Where can I find the Breakfast and Lunch Menus for my student’s school?](#)

- www.SDUHSDnutrition.com
- Menus are posted at each school site cafe

[What is available for purchase at school during the school day?](#)

Breakfast and Lunch Combos are FREE to all students during the 2021-2022 school year.

Additional **Smart Snacks** may be purchased during the school day at designated times. Visit www.SDUHSDnutrition.com to learn more about Smart Snacks, and to view a Smart Snacks item/price list.

[Will Smart Snacks be available for purchase for the 2021-2022 school year?](#)

Yes. Students may purchase Smart Snacks during meal times from Nutrition Services at all school campuses. Smart Snacks are also available for purchase in school site vending machines.

[Will students need their Pin # to access free school meals?](#)

Yes. Each student will enter their confidential Pin # at the point of service via the keypad.

[How can students pay for Smart Snacks at school?](#)


Students may pay using their PayPams account or cash at the point of service from Nutrition Services. Smart Snacks available for purchase through vending machines accept credit cards or cash. Pin #'s are not accepted for vending machine purchases.

[My student has special dietary needs, can Nutrition Services accommodate special requests?](#)

Yes. Please request Special Meals and/or Accommodations by having a medical provider complete the **“Medical Request for Special Meals and/or Accommodations”** form and turning that in to the SDUHSD Nutrition Services Administrative Office. Once the form is received, the Nutrition Services team will work directly with the student and/or parent/guardian to identify meal options so that students may fully participate and enjoy school meals. The Medical Request for Special Meals and/or Accommodations is found on the SDUHSD Nutrition Services website at: www.SDUHSDnutrition.com (<https://www.cde.ca.gov/ls/nu/sn/fm.asp>)

[Does Nutrition Services offer vegetarian meals?](#)

Our district provides a meatless option for breakfast and lunch daily. For more specific vegetarian requests to include no animal products, please request Special Meals and/or Accommodations by completing the **“Medical Request for Special Meals and/or Accommodations”** form (which must be



signed by a medical professional) and turning the signed form in to the SDUHSD Nutrition Services Administrative Office. Once the form is received, the Nutrition Services team will work directly with the student and/or parent/guardian to identify meal options so that students may fully participate and enjoy school meals. The Medical Request for Special Meals and/or Accommodations form is found on the SDUHSD Nutrition Services website at: www.SDUHSDnutrition.com (<https://www.cde.ca.gov/ls/nu/sn/fm.asp>)

Are school meals free for adults?

No. SDUHSD participates in the National School Lunch Program (NSLP) and the National School Breakfast Program (NSBP). The NSLP and NSBP do not provide free school meals to adults. Some exemptions may apply, please contact Nutrition Services for more information.

Teachers, staff, faculty, administration, parents, and members of the community, may purchase a Breakfast Combo Meal at the price of \$2.78 (plus applicable tax) and/or a Lunch Combo Meal at the price of \$4.64 (plus applicable tax).

Where can I find more information about Nutrition Services at SDUHSD?

Contact:

Nutrition Services Administrative Office, Oak Crest Middle School, 675 Balour Drive, Encinitas, CA 92024
Marley Nelms, NS Director, 760-753-6241, ext. 3425, marley.nelms@sduhsd.net
Nicole Hite, NS Operations Supervisor, 760-753-6241, ext. 3427, nicole.hite@sduhsd.net
Leslie Luna, NS Administrative Assistant, 760-753-6241, ext. 3426, leslie.luna@sduhsd.net

This institution is an equal opportunity provider.

Update: 08/13/2021