

# Temecula Fresh Food

## IN THIS ISSUE:

- All Students Eat Free
- Applications & Menus
- About the National School Lunch Program
- COVID-19 and Food safety concerns

## Welcome Back

Temecula Fresh Food Nutrition Services welcomes you back for another exciting year of academic achievement! As many students and parents know, 2021 has been filled with its own set of unanticipated and unique challenges. It is due to these challenges that the importance of ensuring your student has access to nutritious and healthy foods is more vital than ever before. It is Temecula Fresh Food Nutrition Service's goal to help students form healthy habits that last a lifetime. Thanks to our committed

and hard working staff, we were able to serve 352,632 breakfast meals & 346,623 lunch meals throughout the 2020/2021 school year!



**Pictured: Dedicated TVUSD staff serving up meals with smiles!**

Our cafeteria staff ensure the best lunch experience for students by following strict nutrition standards and taking food allergies into consideration.

Temecula Fresh Food operates with the help of over 120 staff members that prepare fresh meals daily at each school site. Our program follows standards based on the Dietary Guidelines for Americans. These guidelines focus on healthy food and drink selections that help maintain a healthy weight, promote health, and prevent disease.

## All Students Eat FREE

As part of USDA's extension of many COVID relief waivers, schools nationwide will be allowed to serve meals, free of charge through the Seamless Summer Option. This option maintains the nutrition standards of the standard school meal programs – including a

strong emphasis on providing fruits and vegetables, fluid milk, whole grains, and sensible calorie levels.

Although all students receive meals free of charge, we are asking that all eligible families complete an online

application by visiting, [temeculafreshfood.com/](https://www.temeculafreshfood.com/). Completing an application not only helps our District's Budget but, may also help provide before and after school academic & enrichment programs, fee waivers for college applications and AP tests, and resources for teachers

# How Do I Complete an Application to Help my School?

To apply for the National School Lunch Program apply on-line at <https://www.temeculafreshfood.com/>. After you apply, you will be notified by mail regarding your eligibility. **Keep this letter as you may need it for other services offered by the district. Even if your letter says you qualify for reduced price meals or that you do not qualify at all, your student still eats FREE this school**

**year. We do not know if the waivers will be extended for students to eat for free in the years to come—upcoming legislation will extend or not extend free meals for all.**

Please note, at the middle and high schools, we will NOT sell a la carte items with the exception of water. Water can be purchased for \$0.75. You can load money on to their student account by visiting [paypams.com](http://paypams.com).

Breakfast is offered at all

middle and high schools and at Red Hawk, Nicolas Valley, Temecula, Vail, Susan LaVorgna, Pauba Valley, and Rancho Elementary Schools (all Title I schools). Breakfast is not offered at the other elementary schools.

If you are unable to complete an online application, visit the Nutrition Services Office at 31350 Rancho Vista Rd. Temecula, CA 92592, to complete a hard copy application.



## Apply Online!

The simplest way to apply for reduced lunch is via our online application. Visit [www.temeculafreshfood.com](http://www.temeculafreshfood.com) and click on the Rocket scan image to begin!



Scan the QR code with your smartphone to go directly to Rocket Scan



Online Payments for Student Accounts

To sign up for online secure prepayments, visit [www.temeculafreshfood.com](http://www.temeculafreshfood.com), click "prepayments" and the paypams image to begin!

# It's more than a meal application.

Filling out the School Meal Application may help provide:

- Before and After School Academic & Enrichment Programs
- Free or Reduced Cost Meals for Students at Our School
- Fee Waivers for College Applications & Admissions tests
- Healthy & Nutritious Meals
- Guidance & College Counselors
- Health & Wellness Services
- Resources for Classrooms, Teachers, & Children

This organization is an equal opportunity employer.

# Menu Preview

ALL MENUS SUBJECT TO CHANGE.

For more information on our menus please visit our website:

[www.temeculafreshfood.com](http://www.temeculafreshfood.com)

## Elementary School Lunch



Meatless Monday	Tasty Tuesday	Wonderful Wednesday	Thankful Thursday	Fabulous Friday	Daily Produce
Lunch includes 1 entrée, choice of fruits and vegetables, juice, and 1% white milk or non-fat chocolate milk <b>MENU SUBJECT TO CHANGE</b>					
Cheesy Pull Apart ✓ 16	Chicken Nuggets & Wheat Crackers 17	Beef Meximelt 11	Turkey Pepperoni Pizza 12	Mac & Cheese 13	All produce is pre-packaged in individual portions  Baby Carrots Celery Sticks Edamame Jicama Sticks  Rotating Broccoli Apple Slices Grapes Frozen Fruit Cup (flavors vary) Crabins Applesauce Cup
Bean & Cheese Burrito ✓ 23	Ham & Cheese Wrap w/ a Chocolate Chip Cookie 24	Cheeseburger Sliders 18	Rotini Pasta w/ Meat Sauce & Roll 19	B.Y.O. Cheese Pizza Lunchable Kit 20	
Nachos ✓ 30	Chicken Nuggets & Wheat Crackers 31	Daily Alternative Entree: Yogurt & Granola ✓ Adult Price: \$3.50		Menu Legend ✓ = Vegetarian Option ☺ = Gluten Free 🐷 = Item contains Pork	

**THIS SCHOOL YEAR ALL STUDENTS EAT FREE!**

We are asking that all eligible families complete an online application. Completing an application not only helps our District's Budget but, may also help provide before and after school academic & enrichment programs, fee waivers for college applications and AP tests, and resources for classrooms, teachers, and children! Visit our website: [www.temeculafreshfood.com](http://www.temeculafreshfood.com) and click on the Rocket scan image to get started



**IMPORTANT FRIENDLY REMINDER**

Previous eligibility from the 2021-2022 school year expires on September 24th. Please be sure to complete your **NEW** 2021-2022 application. Apply online at, <http://temeculafreshfood.com/>.

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@temecula\_fresh\_food



## Middle & High School Lunch



**Middle & High Schools**  
*This school year, ALL students eat FREE!*

**Lunch**  
 Lunch includes: 1 entrée, choice of fruit(s), vegetables, 100% fruit juice, & milk.

<p><b>Monday</b>                  Orange Chicken &amp; Rice                  Cheeseburger                  Pepperoni Hot Pocket</p> <p><b>Tuesday</b>                  Chicken &amp; Waffles                  French Bread Pizza (Cheese &amp; Pepperoni)                  Mac &amp; Cheese &amp; Roll</p> <p><b>Wednesday</b>                  Chicken Nuggets &amp; Sun Chips                  Cheesy Pull Apart                  Chicken Caesar Salad</p> <p><b>Thursday</b>                  Rotini Pasta w/ Meat Sauce &amp; Roll                  Jumbo Chicken Corn Dog                  French Bread Pizza (Cheese &amp; Pepperoni)</p> <p><b>Friday</b>                  Teriyaki Chicken &amp; Rice                  Hamburger                  Cheesy Pull Apart</p> <p><b>Daily</b>                  COLD                  PB &amp; J                  Yogurt &amp; Granola</p> <p><b>HOT</b>                  B&amp;C &amp; Combo Burritos                  Classic &amp; Spicy Chicken Sandwiches                  Black Bean Veggie Burger</p>	<p><b>Daily Produce</b></p> <p><b>Vegetables</b>                  Broccoli/Baby Carrots                  Celery Sticks                  Beans                  Corn</p> <p><b>Fruits</b>                  Apple Slices                  Grapes                  Frozen Fruit Cup (Peach or Strawberry—flavors vary)                  Crabins                  Applesauce Cup</p> <p><b>High School ONLY</b>                  Sun Chips available on a daily basis to any student choosing a reimbursable meal</p> <div style="border: 1px dashed blue; padding: 5px; margin-top: 10px;"> <p><b>Breakfast</b>                      Breakfast includes: 1 entrée, choice of fruit(s), 100% fruit juice, &amp; milk.</p> <p><b>Daily</b>                      Egg, Cheese &amp; Bacon Breakfast Burrito                      Biglet &amp; Cream Cheese                      Cinnamon Roll</p> <p><b>Fruit</b> (same choices as lunch)                      Juice                      Milk (1% white and non-fat chocolate)</p> </div>
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**Lunch includes: an entrée, fruit(s), vegetables, milk, & 100% fruit juice**

**Breakfast includes: an entrée, fruit(s), milk, & 100% fruit juice**

**MENU SUBJECT TO CHANGE.**

# What is the National School Lunch Program?

*“Since its creation in 1946, the NSLP has served millions of children every year.”*

The National School Lunch Program (NSLP) is a federally funded nutrition assistance program for public, nonprofit private schools (grades PK-12), and residential childcare institutions. The program is designed to offer nutritious lunches to children during the school day for low-cost or no-cost. Because the NSLP is federally funded, schools participating in the program must follow specific nutrition requirements that are set forth by the U.S. Department of Agriculture (USDA). Since its creation in 1946, the NSLP has served millions of children every year. In the 2019 school year alone, cafeterias nationwide served students nearly 5 billion lunches. Nearly three-quarters of the lunches served were offered to students at a reduced or free price. At Temecula Valley Unified, our lunches include an entrée, fruit(s) and/or juice, vegetable(s), and

milk; sometimes cookies, sweet treats, rolls or chips are also offered with lunch.



**Above: An example of one of the many balanced lunches served at TVUSD.**

*Note: Meals will look a little different while we get back into the “normal” swing of things. Meals are still balanced and healthy!*

## COVID-19 And Food Safety

Temecula Valley Unified School District is taking the necessary precautions to keep your students safe. When it comes to food safety, it is important to consider how COVID-19 spreads. COVID-19 has been found to be transmitted through respiratory droplets and by person-to-person contact. **According to the CDC, there is no data to suggest that COVID-19 can be transmitted through**

**food.** It is possible that a person can catch the virus by touching a surface or object with the virus on it. However, this is unlikely to occur because it is not the primary way the virus is transmitted. COVID-19 only survives on surfaces for short periods of time, and it is improbable that it can spread via food or food packaging. Out of an abundance of caution, the school nutrition program will be increasing the amount of pre-packaged

foods offered at breakfast and lunch. The use of packaged food will help reduce the occurrence of direct person-to-food contact while food is being prepared and served. In addition, foods will be prepared and held at proper temperatures to protect against any threat of foodborne illness. Staff will continue to take precautions by wearing gloves and masks while handling food and serving meals.



Our staff takes proper precautions by wearing masks and gloves, and social distancing as much as possible.

One of the simplest ways parents and students can protect their health is by practicing proper hand hygiene. You should wash your hands frequently, especially after using the bathroom, after coughing, or before eating. Use of hand sanitizer can also be adequate when hand washing is not an option. However, hand sanitizer is not as efficient for killing germs, and should not be used in place of hand washing. The most effective way to wash your hands and limit the spread of germs is listed in the following six steps:

1. Run your hands under warm water.
2. Apply soap to lather once hands are wet.
3. Lather hands thoroughly with soap. This includes scrubbing under nails, between fingers, and the backs of your hands.
4. Continue to scrub your hands for a minimum of 20 seconds (sing happy birthday twice to reach a time of 20 seconds).
5. Rinse your hands with warm, clean water.
6. Dry hands with a hand dryer, or with a clean towel.

## WASH YOUR HANDS



WATER AND SOAP



PALM TO PALM



BETWEEN FINGERS



FOCUS ON THUMBS



BACK OF HANDS



FOCUS ON WRISTS

## Making Healthy Choices As a Family At Home

Increased time spent at home in recent months has made maintaining portion control and exercise habits more challenging. Luckily, there are many ways to practice healthy habits as a family. Walking is a great way to get exercise, and can provide much needed stress relief during these unpredictable times. There are many hiking trails in Riverside & San Diego Counties to enjoy as a family unit. Physical activity guidelines issued by the U.S.

Department of Health and Human Services recommend that adults get 150 minutes of physical activity a week, and that children get 60 minutes of physical activity every day.

When it comes to making nutritious food selections as a family, many inexpensive food staples can be used to build healthy meals. A mix of produce and shelf stable foods such as whole wheat pasta, legumes (beans), nut butters, and canned goods can be used to create balanced meals for the whole family. Keeping treats and

energy dense snacks stored in cabinets and off of kitchen countertops can help curb excess snacking habits that lead to overconsumption. One added benefit of parents and students spending more time at home together is the increased frequency of shared family mealtimes. Studies show that when families sit down together for meals, their children tend to have healthier eating patterns and bodyweight status. More information on healthy menu planning can be found at [www.myplate.gov](http://www.myplate.gov).



## ABOUT THE Authors:



**Scarlett Smith is a student studying Foods and Nutrition at San Diego State University. She delights in menu planning, camping with her husband, and learning about how nutrition can be used to benefit communities. The field of nutrition is growing, and there are many career opportunities in this path of education. For more information on how to pursue a career focused in nutritional sciences, please visit: [eatrightpro.org](http://eatrightpro.org)**



**Amanda Eberhardt is a dietitian and the Assistant Director for Temecula Fresh Food Nutrition Services. She has been working in school nutrition for 8 years and has been a part of the TVUSD team for seven. She enjoys camping at the beach with her husband in their VW bus, horseback riding, and helping eager interns learn about nutrition and career opportunities.**

## Contact Us

**Temecula Valley Unified School District**

**Nutrition Services**

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Temecula, CA 92591

951-506-7919

<http://www.temeculafreshfood.com/>

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(1) mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;

(2) fax: 202-690-7442; or

(3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov)

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