



West Covina Unified School District

Nutrition Services Parent Newsletter

Monthly Promotions

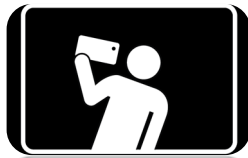
Nutrition Services is offering special meals once a month for elementary students to celebrate special holidays, events, world observances, etc. In April, students will enjoy special meals in honor of Earth Day! In May, students will get a taste of Mexican culture to celebrate Cinco de Mayo.



Keep an eye out for the monthly promotion listed on your child's menu!



Secondary students also have the opportunity to send a "selfie" enjoying their monthly special treat and/or healthy fruits and veggies. Pictures can be emailed to the Nutrition Services Department at culloa@wvusd.org. Selected pictures may be featured on the district website!



Fruit & Veggie Self-Serve Line at Wescove

On Wednesday, April 11th Wescove Elementary kicked-off their "self-serve" fruit and veggie line. Students now have the opportunity to select from a

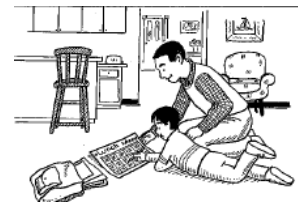


fresh variety of fruits and veggies daily. Salad is also featured as the main entrée every Wednesday!

Cafeteria Plan

Why should your child buy meals? Cafeteria meals are healthier than ever because of updated national nutrition standards. Plus, if your child gets lunch at school, you can knock "pack lunch" off your to-do-list! Consider these two suggestions.

1. **Go over the school menu together.** Have your child circle his favorite items. Encourage them to also try something new!
2. **Discuss what he ate.** What does he like best? What does he throw away? Suggest to your child to talk to the cafeteria manager about his/her favorite meals.



Make Payments Online

Visit schoolcafe.com to make online payments to your child's cafeteria account.

Benefits include:

- View account balances
- Make payments
- Review daily spending
- Set-up low balance reminders



Questions or comments? Please call Nutrition Services at (626)939-4600x4656 or visit www.wvusdnutrition.org.