

Nutrition Services is located at the district office at 6225 El Camino Real. Please feel free to contact us at (760) 331-5000, if you should have any questions or concerns regarding Nutrition Services.

DEPARTMENT STAFF

Michelle Johnson Director, Nutrition Services Ext. 5085
 Alice Jimeno Dept. Administrative Assistant Ext. 5084
 Susan Renaud Operations Supervisor Ext. 5060

NONDISCRIMINATION

- Students in grades K-12th may eat breakfast and/or lunch every school day.
- Children are not discriminated against because of their inability to pay the full price for meals. There is no overt identification of the children through the use of separate serving lines, serving times, special tokens or tickets.

ELIGIBILITY APPLICATIONS

- Eligibility applications are included in the packet of information sent home at the beginning of the new school year. Applications are also available at each school site.
- A new application is required every year - one application per household.
- Students who were approved for free or reduced priced meals for 2008-2009 have until October 14, 2009 to turn in a new application, without an interruption in benefits. Their free or reduced status continues for the first 30 days of school or until an application is processed for the new year. Students without a 2008-09 application approved by October 8 will pay full price for all meals beginning October 15.
- Parents are responsible for sending their children to school with a lunch, or money to buy lunch, until the parent receives notification that the application has been approved. Submitting an application does not automatically grant a child free or reduced status.

WELLNESS POLICY AND MENUS

The Nutrition Services Department is proud to be a member of the educational team at the Carlsbad Unified School District, serving over 550,000 lunches and 180,000 breakfasts per school year. We recognize the link between student health and learning. The National School Breakfast and Lunch Programs strive to ensure that all children have access to healthy meals at school to promote learning readiness and healthy eating behaviors. Children who aren't hungry feel better, learn better, and behave better. As a partner in education, our staff works diligently to provide nutritious food in a safe and healthy environment.

The district's health and wellness policy was developed over the past several years by a committee of district staff and community members, dedicated to the improvement of student health and achievement. Nutritional guidelines of the wellness policy apply to all foods and beverages sold or served to students on campus; including ½ hour before and ½ hour after the school day. This includes, but is not limited to, organization sales, ASB sales, vending, daily rewards, and classroom celebrations. The complete wellness policy is available for review at each school site, at the district office, and on the district website.

CUSD FOOD & BEVERAGE GUIDELINES

Allowable Snack

A food item that contains:

- Not more than 35% of calories from fat
- Not more than 10% of calories from saturated fat
- Not more than 35% sugar by weight
- Not more than 175 calories for elementary students
- Not more than 250 calories for secondary students



Exempt snacks include:

Nuts, nut butters, seeds, eggs, cheese packaged for individual sale, fruit, vegetables (not deep fried) and legumes. These items can be served as snacks without meeting the definition above.

Acceptable School Beverages:

Beverages that are:

- Drinking Water - no added sweetener
- Fruit or Vegetable - based drinks - no less than 50% fruit or vegetable juice and no added sweetener
- Milk 2%, 1%, nonfat, soy, rice and nondairy milk
- Electrolyte replacement drink (secondary only)

STUDENT FOOD & BEVERAGE SNACK LIST

Always check with teacher prior to bringing any food items.

Preferred Items: (items must meet guidelines unless exempt)

- Popcorn
- Peanut Butter (consider allergies)
- Yogurt
- Bakery items (low fat muffins, bagels)
- Pretzels
- Graham Crackers
- Goldfish Crackers
- Frozen juice or fruit bars (no less than 50% juice)
- Trail Mix without candy
- Acceptable School Beverages



Limited Items: (items must meet guidelines unless exempt)

- Baked Chips (Doritos, chips, etc.)
- Granola bars
- Frozen Yogurt or Sorbet
- Cookies (low fat, low sugar)



Items Not Allowed:

- Soda
- Candy
- Gum
- Fried Chips (potato, Doritos, Cheetos, etc.)



No food sold or served to students can have any trans fat, and cannot be deep fried, pan-fried, or contain artificial trans fats.

Cafeteria menus also meet guidelines as structured by USDA and the California Department of Education. Our menus are analyzed for nutrient content to ensure that we meet the dietary guidelines as required by the United States Department of Agriculture.

- School lunches meet one-third of the Recommended Dietary Allowances (RDA) for protein, calcium, iron, vitamins A and C, and specific calorie levels by age group. Breakfasts meet one-fourth the RDA.
- Students are offered a variety of foods; a diet low in fat, saturated fat, and plenty of vegetables, fruits, and grain products.
- On average our weekly menus provide no more than 30% of calories from total fat, and less than 10% of calories from saturated fat.
- Menus are designed to increase the amount of dietary fiber.
- Food served to students cannot be deep fried, pan fried, par fried; or contain artificial trans fats.

SPECIAL DIETARY MEALS FOR STUDENTS

Special meals are available for a child with specific medical needs. A signed medical statement from the physician is required. Forms for special meals may be obtained at any school office, or from Nutrition Services. This includes children who have food allergies such as for peanuts or lactose intolerance.

Peanut butter sandwiches are offered daily at the elementary schools as an alternate choice for lunch. If your child has an allergy to nuts, the parent is responsible for submitting a medical statement from their physician to the cafeteria and school office.

FOOD SAFETY

Meals served in the cafeterias are intended for student consumption **on district premises only**. They should not be shared with anyone else. Meals cannot be purchased to be taken home to eat. This policy is to minimize risk of foodborne illness.

PURCHASING MEALS

Students who purchase meals or snacks enter a PIN # into a keypad when retrieving their meal. The PIN # remains the same for as long as the child is in the school district. The number is given only to the individual student and must not be shared with others. Students at all grade levels should know their PIN # in order to purchase a meal.

Breakfast	All Sites	Reduced Price	\$.30
		Full Price	\$ 1.50
Lunch	Elementary	Reduced Price	\$.40
		Full Price	\$ 2.75
		Reduced Price	\$.40
	Middle/High	Full Price	\$ 3.00

Students approved for free or reduced priced meals may receive both breakfast and lunch each day.

As part of the educational process, we encourage students to make choices from the food available on the serving line. In order for students to obtain all of the proper nutrients, Nutrition Services encourages the students to eat the complete meal on their own tray. The food on the tray is for the consumption of that child only, and may not be shared. Parents are welcome to eat lunch with their child and purchase a meal for \$3.50.

PREPAYMENTS

Online meal payment services are available for parents at the Carlsbad Unified School District. MySchoolBucks.com is a convenient online service that allows parents to make payments to their child’s meal account using Visa, Mastercard, or Debit card.



Parents can create an account on the website and, for a small fee, prepay money directly into their child’s account. Added benefits are the ability to view meal purchases, set low-balance email reminders and even schedule recurring payments.

This service eliminates worries about lost or stolen lunch money and gives parents visibility into what their children are eating at school. Go to www.mySchoolBucks.com to create your own account today. If you have any questions, please contact Susan Renaud at 331-5060.

RETURNED CHECKS

Should a check be returned to the district due to insufficient funds, notification will be sent to the parent for reimbursement, and a bank fee of \$10.00 will be added to the amount of the check. These must be repaid in cash, money order, or cashier’s check. Additional checks will not be accepted until all amounts are reimbursed. **After a second check is returned for non-payment, checks will no longer be accepted.**

REFUNDS

Upon request, refunds under \$5.00 are paid by the cafeteria in cash to the parent or student. Refunds over \$5.00 are refunded by check, and mailed to the parent within 30 days.

CHARGED MEALS

Nutrition Services is required to be a self-sustaining department. All revenues received go towards our staff payroll, benefits, food and supply purchases, equipment purchase and repair, etc. It is the parent’s responsibility to ensure that they provide their child with money to buy lunch. We cannot be responsible for covering meals for students who routinely do not have money to buy lunch; this would be a gift of public funds and is against the state Ed. code.

We do allow students to charge up to two lunches and two breakfasts, or a total of \$8.50 at the elementary schools and \$9. at middle and high schools. They enter their PIN # as usual, and the computer charges the meal to the

student’s account. Parents are responsible for reimbursing the cafeteria for all charged meals. We do not allow students to charge snack items.

Once the student reaches their charge limit, he or she will be given an alternate lunch, with milk so that they do not go away hungry. The parent will be notified that the child is being sent to school without provisions for eating to determine how to rectify the problem.

FIELD TRIPS

Parents may request a sack lunch from the cafeteria for field trips. Meals provided by the cafeteria must be paid for according to the child’s eligibility status (free, reduced price \$.40, or full price \$2.75).

CLASS PARTIES

Class parties are a fun way to recognize student achievement and celebrate holidays and birthdays. Cookies and cupcakes can be part of a healthy diet when consumed in moderation. Treats that are part of our lunch menu are planned and analyzed as part of the nutritional content of our menus. However, in keeping with our wellness policy to provide a healthy environment to our students, we encourage parents to try to incorporate healthy foods when possible in planning class parties.

Home prepared foods are restricted from class parties, according to health and safety codes as well as board policy. Only pre-packaged food can be brought and shared in the classroom for special events.

See our Kids Katering menu on the district website for more information.



We hope you have found this brochure helpful. Additional information can be found on the district’s website: www.carlsbadusd.k12.ca.us. The website will be updated during the year with expanded information including frequently asked questions, our new wellness policy, and nutrition information.



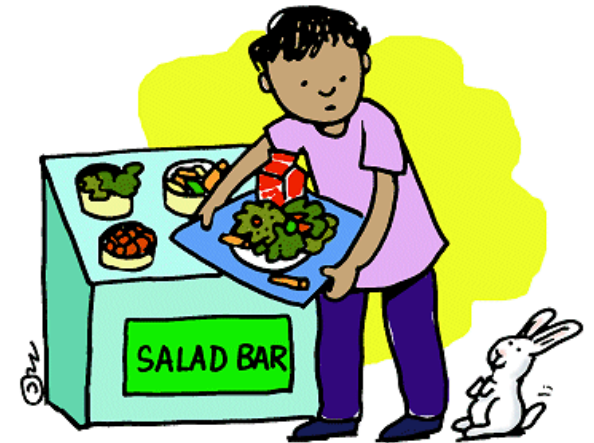
Carlsbad Unified School District

... a world class district

**6225 El Camino Real, Carlsbad, CA 92009
(760) 331-5000**

NUTRITION SERVICES

“We Feed The Future”



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To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W. Whitten Building, 1400 Independence Avenue, SW, Washington, DC 20250-9410 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.