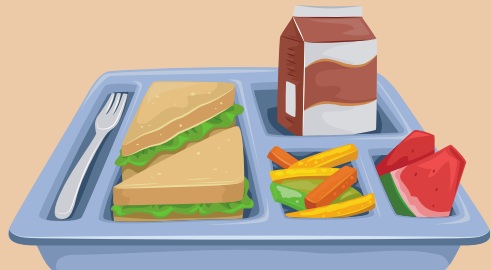




CNS PARENT GUIDE 2021 - 2022

SAN MARCOS UNIFIED SCHOOL DISTRICT

NATIONAL SCHOOL LUNCH PROGRAM



Our lunch program offers a variety of hot and cold entrées, along with fresh fruit and vegetables. Lunch includes entrée of lean protein and whole grains, at least 2 servings of fruit, at least 2 servings of vegetables, and 1% white or skim chocolate milk.



To start the school year, salad bars will be open and there will be the sale of à la carte items at secondary schools. We will be following district safety plan guidance.

Welcome back!

FREE BREAKFAST AND LUNCH

USDA has extended free breakfast and lunch to all SMUSD students through the 2021-2022 school year.



SCHOOL BREAKFAST

Breakfast service will be available to students daily before the school day starts. Increasing consumption of breakfast results in improving their readiness to learn. Breakfast includes entrée with whole grains and/or lean protein, fruit, 100% juice, and 1% white or skim chocolate milk.

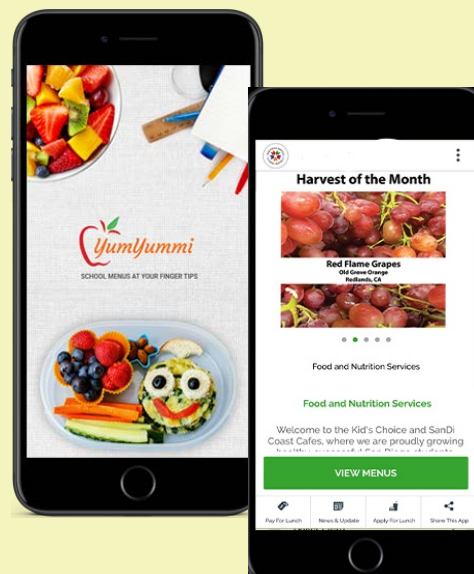


SCHOOLCAFE MENUS

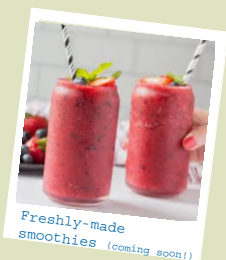
SMUSD is going green! View our menus online by using the Yummy app or visit Yummy.com!

you can:

- Find menu item images and descriptions
- View nutritional information
- Filter menu for specific food allergens
- Access carbohydrate counts



FEATURED NEW MENU ITEMS



Freshly-made smoothies (coming soon!)



Del Real Tamales



Whole Grain Donut Holes



Chicken 'n Waffles

BRINGING A LUNCH FROM HOME?

Add a fruit, veggie, and milk for free!



If students prefer to bring their favorite lunch from home, they may still add a fruit, veggie, and milk from our serving line at no charge!

They must pick 3 to count as a free lunch!

GOOD FOOD PURCHASING PROGRAM & CLEAN LABEL INITIATIVE

These programs help our district ensure students can access healthy food during the school day, while also partnering with local growers. We source all of our milk from Hollandia Dairy and a majority of our produce from local and California farmers!



clean
label



feeding children is
A WORK OF HEART

LOCAL HARVEST

This year's menu will feature local zucchini, yellow squash, bell peppers, stone fruit, sweet potatoes, persimmons, cantaloupe, and watermelon!



DID YOU KNOW



Students who eat nutritious meals like the ones provided by SMUSD for breakfast and lunch experience:

- Improved cognitive function
- Higher test scores
- Better attention spans
- Better classroom behavior
- Fewer absences
- Improved mood

JOIN OUR TEAM! CNS is now hiring.

Are you looking for...

- Family friendly hours
- 3.0 - 3.75 hours
- Competitive wages
- Summer and holidays off
- Work Monday-Friday only
- A meaningful career

Apply at edjoin.org.

SPECIAL DIETS



To accommodate students with special diets due to a medical need, a Special Dietary Needs Form must be completed and signed by a licensed medical professional.

Please visit our website for the medical dietary accommodation forms:

www.smusd.org/cns

FRESH FRUIT & VEGETABLE PROGRAM



The Fresh Fruit & Vegetable Program is available at 2 elementary schools, and introduces fresh fruits and vegetables three days a week to elementary students.

APPLICATIONS

Thanks to waivers granted by USDA, SMUSD is able to provide FREE breakfast and lunch to all students for the 2021-2022 school year. If you have not completed an Alternate Income Survey this school year, we still encourage you to fill out an Alternate Income Survey to be qualified for additional benefits such as student fee waivers, P-EBT, and reduced-price internet service. This survey can be accessed during online Registration or Residency Verification. Please contact CNS if you have completed the Income Survey and need a Benefits Verification Letter.

Families do not need to complete an survey if the following applies:

- Student(s) received a Letter of Direct Certification