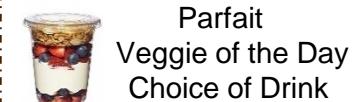



 Elementary Menu
 Nut Safe Menu

MENU SPECIALS
DAILY

 Grilled Cheese Sandwich
 Veggies & Fruit of the Day
 Choice of Drink

 Make Your Own Pizza Pack
 Veggie & Fruit of the Day
 Choice of Drink

TUESDAY

 Chicken Caesar Salad
 Whole Grain Croutons
 Fresh Fruit
 Choice of Drink

Smart Snacks

MILK	\$1
SWITCH 100% juice	\$1.25
CHOCOLATE OATBAR	\$1
KETTLE KORN	\$1
Thursdays	
WHOLE GRAIN COOKIES	\$1
Fridays	
SIDEKICK frozen juice	\$1

9	10	11	12	13
Chicken Nuggets Honey Wheat Biscuit Variety of Fresh Fruits & Veggies	Teriyaki Drumstick Brown Rice Variety of Fresh Fruits & Veggies	Nachos Little Bites Mini Churro Variety of Fresh Fruits & Veggies	SMART Slice Cheese Pizza Variety of Fresh Fruits & Veggies	Mini Corn Dogs Variety of Fresh Fruits & Veggies

16	17	18	19	20
Chicken Tenders Honey Wheat Biscuit Variety of Fresh Fruits & Veggies	PICK UP STIX House Special Chicken Brown Rice Variety of Fresh Fruits & Veggies	Cheesy Breadsticks Marinara Sauce Variety of Fresh Fruits & Veggies	Personal Cheese Pizza Variety of Fresh Fruits & Veggies	Turkey Pinwheel Variety of Fresh Fruits & Veggies

23	24	25	26	27
Popcorn Chicken Honey Wheat Biscuit Variety of Fresh Fruits & Veggies	Orange Chicken Brown Rice Variety of Fresh Fruits & Veggies	SUBWAY Turkey & Cheese Variety of Fresh Fruit & Veggies	SMART Slice Cheese Pizza Variety of Fresh Fruits & Veggies	Homemade Pasta & Meatballs Variety of Fresh Fruits & Veggies

30
Chicken Rings Variety of Fresh Fruits & Veggies Birthday Muffin

 Celebrating
March's Birthdays

 Deposit money online at: www.paypams.com
 Child Nutrition Website: www.lvusd.org (under departments - nutrition)
 Apply for free or reduced-price meals online: <https://paypams.com/OnlineApp.aspx>

 Follow us

<https://twitter.com/LVUSDNutrition>


Harvest of the Month



Network for a Healthy California

The *Harvest of the Month* featured fruit is
dried fruit



Health and Learning Success Go Hand-in-Hand

Eating fruits and vegetables can help your child grow, be healthy, and do well in school. Make a commitment to your child's health. Add a variety of colorful fruits and vegetables to meals and snacks. Encourage your child to get at least 60 minutes of physical activity every day. *Harvest of the Month* can give you ideas to help your family be healthy and active.

Produce Tips

- Dried fruit is available year round.
- Look for dried fruit sold in bulk quantity.
- Buy dried fruit without added sugar. They are already sweet.
- Store dried fruit in airtight containers to maintain freshness. Keep in a cool, dry location like a cupboard or refrigerator.
- Freeze dried fruit before chopping. They will be less sticky and easier to chop.

Healthy Serving Ideas

- Let your child try a variety of dried fruit like dates, figs, plums, and apples to find their favorites.
- Top lowfat yogurt with dried fruit for breakfast, snacks, or dessert.
- Keep small boxes or bags of dried fruit with you for quick, on-the-go snacks.
- Add chopped dates and figs to salads.
- Serve dried fruit for dessert.

TROPICAL FRUIT AND NUT SNACK MIX

Makes 5 servings. $\frac{3}{4}$ cup per serving.

Total time: 25 minutes

Ingredients:

- 1 tablespoon butter
- $\frac{1}{4}$ cup honey*
- 1 teaspoon almond or coconut extract
- 1 teaspoon ground cinnamon
- 2 cups old fashioned oats
- Nonstick cooking spray
- $\frac{1}{2}$ cup sliced almonds
- $\frac{3}{4}$ cup dried tropical fruit bits
- $\frac{1}{2}$ cup banana chips
- $\frac{1}{4}$ cup raisins

1. Preheat oven to 350 F.
2. Melt butter in a medium saucepan. Add honey, extract, and cinnamon and mix well. Stir in oats.
3. Transfer to a baking sheet coated with nonstick cooking spray. Spread mixture into a 1-inch thick layer.
4. Bake for 10 minutes, stirring once. Stir in almonds and bake for 5 to 10 minutes more.
5. Remove from oven and add in dried fruit. Let cool completely and serve.

*Do not give honey to children under the age of one.

Nutrition information per serving:
Calories 384, Carbohydrate 62 g, Dietary Fiber 7 g, Protein 9 g, Total Fat 13 g, Saturated Fat 4 g, Trans Fat 0 g, Cholesterol 6 mg, Sodium 67 mg

Adapted from: *Network for a Healthy California, 2007.*

Let's Get Physical!

- Ask your child to help with chores that get the body moving.
- Make a calendar and plan at least one activity for your family to do each day.

For more ideas, visit:

www.cachampionsforchange.net

Nutrition Facts

Serving Size: $\frac{1}{4}$ cup dried plums (44g)	Calories 104	Calories from Fat 1
<hr/>		
Total Fat 0g	0%	
Saturated Fat 0g	0%	
Trans Fat 0g		
Cholesterol 0mg	0%	
Sodium 1mg	0%	
Total Carbohydrate 28g	9%	
Dietary Fiber 3g	12%	
Sugars 17g		
Protein 1g		
Vitamin A 7%	Calcium 2%	
Vitamin C 1%	Iron 2%	

How Much Do I Need?

- A $\frac{1}{4}$ cup of dried plums, chopped dates, or dried figs is a good source of fiber.
- A $\frac{1}{4}$ cup of most dried fruit is a source of potassium.
- Potassium is a mineral that helps your brain tell your muscles when to move.
- Potassium also helps keep a healthy blood pressure.
- Other excellent and good sources* of potassium are avocados, beans, kiwifruit, papayas, spinach, Swiss chard, and winter squash.

The amount of fruits and vegetables that is right for each person in your family depends on age, gender, and physical activity level. Look at the chart below to find out how much each person in your family needs. Make a list of ways you can add more fruits and vegetables to your family's meals and snacks to help them reach their goals.

*Excellent sources provide at least 20% Daily Value (DV). Good sources provide 10-19% DV.

Recommended Daily Amount of Fruits and Vegetables*

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
Males	2 $\frac{1}{2}$ - 5 cups per day	4 $\frac{1}{2}$ - 6 $\frac{1}{2}$ cups per day
Females	2 $\frac{1}{2}$ - 5 cups per day	3 $\frac{1}{2}$ - 5 cups per day

*If you are active, eat the higher number of cups per day. Visit www.mypyramid.gov to learn more.



POLICY: Meal Charge Policy

PURPOSE: To establish uniform meal account procedures throughout the District.

2 CFR Part 200 Section 143 of the Healthy, Hunger-Free Kids Act of 2010.

The National School Lunch and Breakfast Programs are integral to ensuring that students have access to nutritious meals in order to support their academic success. It is also imperative to protecting the financial stability of the school nutrition program.

The purpose of this policy is to establish a process and procedure for handling situations in which children eligible for reduced-price or full-price benefits have insufficient funds to pay for school meals; as well as establishing a protocol for the collection of unpaid meal charges and delinquent account debt.

I. Elementary Schools

A. Free Meal Benefit

Students with free eligibility status can receive free lunch daily. At schools that provide breakfast, it is also free. A second breakfast or lunch may be purchased at full price. A la carte items are available for purchase only. Students with free eligibility will not be denied breakfast and lunch if they accrued a negative balance prior to their free eligibility status.

B. Reduced-Price Benefit

Students with reduced-price eligibility status can receive lunch for \$0.40 daily. At any school that serves breakfast, the cost is \$0.30. A student without money to cover the cost will receive a regular reimbursable meal. The money will be charged to the student's account, creating a negative balance. Parents will receive a phone call from the Child Nutrition office informing them that the account is negative after the student charges three (3) meals. All efforts will be made to work with the parents in paying negative balances.

C. Full Pay

Students will pay for the meals at the District's published standard rate. When a student does not have money to pay for a meal, an alternate meal consisting of two ounces of string cheese, whole grain crackers, fresh fruit, fresh vegetables, and a choice of milk. The regular meal price will be charged to the student's account, resulting in a negative balance. Students are not permitted to charge second meals or snacks, creating a negative account. When a student has charged meals on their account without having a balance for more than three days, the parents will be notified.

II. Middle / High Schools

A. Free Meal Benefit

Students with free eligibility status can receive free breakfast and lunch daily. A second breakfast or lunch may be purchased at full price. A la carte items are available for purchase only. Students with free eligibility will not be denied breakfast nor lunch if they accrue a negative balance prior to their free eligibility status.

B. Reduced-Price Benefit

Students with reduced-price eligibility status can receive breakfast for \$0.30 and lunch for \$0.40 daily. A student without money to cover the cost will receive a regular reimbursable meal. The money will be charged to the student's account, creating a negative balance. Parents will receive a phone call from the Child Nutrition office informing them that the account is negative after the student charges three (3) meals. All effort will be made to work with the parents in paying negative balances.

C. Full Pay

Students will pay for the meals at the District's published standard rate. Students must have money on account or cash to purchase a meal.

III. Communication of Meal Charge Policy

IV. The Meal Charge Policy will be posted to the Child Nutrition website, and a copy of the link will be printed on the monthly menus. A copy of the written policy will also be posted in the Child Nutrition office.

V. The Child Nutrition staff will receive training on the Meal Charge Policy at the start of the school year and at regular department in-services. A copy of the policy will be made available to principals and other administrative personnel at the start of each school year.

IV. Low or Negative Balance Notification

V. Students can pay for meals with cash, check, or on-line at www.pypams.com. This website service is available to help parents manage meal account balances. Parents can log in to the site and check account balances, meal purchases, and make payments online with a credit card. They can also sign up for email notifications for when the account balance is low.

VI. Child Nutrition Services will send quarterly letters to parents notifying them of negative balances.

VII. Families are encouraged to apply for free or reduced price meal benefit.

VIII. Outstanding negative balances at the end of the school year will be charged to the general fund. The Child Nutrition Department will continue to make every effort to collect unpaid debts.