

PACIFIC VALLEY SCHOOL

BREAKFAST & LUNCH PROGRAM INFORMATION 2016/17

Big Sur Unified School District and the Board of Trustees recognize the important connection between a healthy diet and a student's ability to learn effectively and achieve high standards in school. The Pacific Valley School Breakfast & Lunch Program (an integral part of our Health & Wellness Policy), has three primary goals: to introduce a wide variety of nutritious, wholesome and freshly prepared meals using (as much as possible) organic, locally grown & unprocessed ingredients; to educate students about nutrition and food choices and the impact those have on their health; to meet or exceed state standards in nutrition.

In California, Child Nutrition Programs must provide ONE free meal a day to "needy" students. "Needy" students are defined as those that meet Income Eligibility Guidelines (defined by the CA. Dept. of Education) for Free or Reduced Meals. Applications to receive free or reduced meals are sent home at the beginning of the school year. This information is confidential. It is important that every family complete the application because much of our grant funding is based on the percentage of free and reduced qualifying families for the National School Lunch Program whether or not they, or the district, participate in the program.

Studies show that breakfast is the most important meal of the day, with positive impacts on student achievement and concentration. Therefore, Pacific Valley School will encourage and offer FREE breakfast to ALL students, regardless of income. Here are some new policies you can expect this year: We will offer and encourage parents and staff to pre-pay for meals. Meal coupons will be issued and as an incentive for pre-paying, one free lunch gift-certificate will be offered per every \$100 pre-paid. Student, staff or volunteer will NOT see their "favorites" offered on or close to their actual birthday because those items have become regular menu items throughout the year; student lunch prices vary according to grade levels and income levels; there are no changes in meal pricing from last year; the PTO will continue to sponsor Volunteers; there will continue to be "gluten free" and vegetarian options upon request. Additionally we will continue to provide both monthly and weekly menus. Finally, we will continue to conduct periodic surveys, interactive activities such as the "I Tried It" Campaign, monthly birthday celebrations and holiday food activities.

Pacific Valley School encourages healthy choices whether students are enjoying home made meals or those prepared by the school. By offering monthly and weekly menus, the school gives families the information they need in order to make the choices that are best for them. Please note, the program strives to eliminate processed food, hydrogenated and partially hydrogenated oils, high fructose corn syrup, refined sugars & flours, chemicals, dyes, additives and nitrates from school meals. It is important to inform the school of any allergies or sensitivities your child may have, there is a place in the forms packet to include this information.

Thank you for your support of Pacific Valley School's Breakfast & Lunch Program.

Sincerely,

Tafay Wilson

Nutrition Program Director

BREAKFAST

LUNCH

GROUP	FREE	REDUCED	REGULAR	GROUP	FREE	REDUCED	REGULAR
ALL STUDENTS	\$0.00			STUDENTS			
STAFF			\$2.00	elementary P-3rd.	\$0.00	\$1.75	\$2.75
VOLUNTEERS			PTO PAYS \$2.00	middle 4th-8th	\$0.00	\$2.25	\$3.25
GUESTS			\$2.00	high school 9th-12th	\$0.00	\$2.75	\$3.75
				STAFF			\$4.25
				VOLUNTEERS			PTO PAYS \$4.25
				GUESTS			\$4.25
				Salad Bar only	\$0.00	\$1.00	\$2.50