



Encinitas Union School District *Green Garden Cafe*



Our mission is to serve the highest quality, best tasting and healthiest meals possible! We utilize locally grown ingredients, whole grains, lean-responsibly sourced proteins and scratch cooking methods to prepare meals that students, parents and teachers can all agree on!

Frequently Asked Questions about the School Meal Program

What is included with a school lunch?

When participating in the school lunch program, students are entitled to their choice of an entrée, unlimited options from the daily salad bar, a milk of their choice and selections from any side items that might be served that day. Students must select at least three food groups to complete their meals, one of which must be a fruit or vegetable.

How much are school meals?

School lunches are \$4.00 per student. Students may qualify for free meals at no cost, or reduced-price meals at \$0.40 per lunch. School breakfast is offered daily at Ocean Knoll and Paul Ecke. School Breakfasts are \$2.00 per student. Students who qualify for free meals receive breakfast at no cost. Reduced price breakfasts are available for \$0.30.

Is there financial assistance available for families that need it?

Absolutely! Applications for free and reduced meals are available online and at the school office. Please complete an application to see if you qualify. Families that do qualify will receive meals for free or at a reduced cost of \$0.30 for breakfast and \$0.40 for lunch. Families that qualify for free or reduced price meals also qualify for discounts on the Aspire program and other EUSD programs. If you believe you might qualify, please complete an application. Please note that applications must be renewed each school year.

How do I make payments for school meals?

Parents may make payments in person at your child's school site, by sending a check to the cafeteria or online. We strongly discourage sending students to school with cash. Online payments are highly encouraged and can be accessed through www.schoolcafe.com. The online system has many benefits including settings for auto-pay and email alerts for parents when their child's account is low or negative.

What if my child has no money or runs out of money?

If a student's account balance runs low, they are allowed to charge up to the equivalent of three meals or about \$10.50 for the 2017-2018 school year. Students are sent home with a notice to alert parents of a low or negative account balance and automatic phone calls are generated to alert families. After reaching the maximum amount of charges, student's choice of entrée will be replaced with a cheese sandwich as an emergency meal. This meal is at no charge. Emergency meals also come with student's choices from the salad bar and a white milk.

Can students get second servings?

Students may one trip through the lunch line and salad bar each day. They can take one entrée, one milk, one dinner roll and unlimited items from the salad bar. If students are still hungry, they have the option to purchase a second meal at full price (\$4.00).

Are there nutrition standards for school meals?

We meet or exceed all USDA regulations for nutritionally balanced school meals. All of the grains served in our meals are whole grain rich and many of the food items are made from scratch. All items are prepared in the Central Kitchen at El Camino Creek Elementary School and then freshly transported to each school site kitchen prior to lunch. We offer locally sourced milk that is rBST-free with every school meal and have filtered water stations available on each school campus. In addition to beverages and entrées, each school meal comes with a trip to the daily salad bar stocked with a variety of seasonal produce. Much of the produce served in our school meals is locally sourced and is often organic. In addition to the two school farms, all EUSD campuses have a school garden where produce is grown for use in the school meals. We are fortunate to serve incredibly fresh and healthy meals for our EUSD students!

Where can I find the menu?

Copies of the current month's menu can be found in the front office at each school and online at www.eusd.net or on school café website and mobile app at www.schoolcafe.com.

What if my student has allergies?

Students with allergies can absolutely participate in the school lunch program! We ask that parents please fill out the Medical Accommodation Form, found on our website, detailing the food allergy and requested substitution. When we receive the form we enter an alert message that will pop up on the computer screen as the child is checking out and the cashier will verify the student's food to make sure their food choices are compliant with their allergen notice. Additional allergen questions and concerns can be addressed with the Child Nutrition Services Director, Lea Bonelli (see contact information below).

Are there vegetarian and gluten free options available?

The menu includes a vegetarian option daily and many gluten free options are offered throughout each week. Students with gluten intolerance or allergy can also always choose a salad bar with our gluten free salad dressing.

Can I eat lunch with my child?

Yes, you may! We encourage you to visit school lunch with your child by participating in one of our annual *Bring your Parents to Lunch Day* events. Check with your school for the dates or look on the school lunch menu! If you are unable to make it to one of these events, you are welcome to come to school for lunch on another day. Check with the school office for more details.

Who can I contact with questions or concerns about school meals?

Please direct your questions to the Child Nutrition Services Central Office:

- General Questions, Student Account Inquiries, Application Questions, etc. contact Nicole O'Neill at 760.944.4300 x 2572 or via email at Nicole.Oneill@eusd.net.
- Menu Questions, Food Allergies, Complaints or any other Questions for the Director, contact Lea Bonelli at 760.944.4300 x 2570 or via email at Lea.Bonelli@eusd.net.