



Nutrition Nibbles

From your cclunchlady

2012-2013 Free and Reduced-Priced Meal Applications are available in the school office, the cafeteria, the Food Services office and on-line at www.culvercafe.org. Applications can be submitted at any time during the school year. Students receiving benefits in 2011-12 will be extended temporary free or reduced-price meal status until October 15, 2012 without submitting a new application. However, in order to continue receiving qualified benefits without charges being applied to the students' account, current applications will need to be submitted by October 15, 2012. Applications can be submitted at any time during the school year.

QUICK NIBBLES

WHAT DOES IT COST?

Elementary Schools—Full Paid Breakfast: \$1.75; Full Paid Lunch: \$2.75

Middle School and High School—Full Paid Breakfast: \$2.00; Full Paid Lunch: \$3.00

All sites—Reduced-priced Breakfast: \$0.25; Reduced-price Lunch: \$0.40

GOT ALLERGIES?

If your children have any food allergies, please submit a physician's statement to Food Services as soon as possible. This information will be placed on his or her account and the cashier will be alerted at the point of sale. Please submit notification ASAP in order to prevent any incidents. Please do not assume that information given to your school nurse has been passed on to us!

VEGETARIAN?

Two entrée choices are on the menu daily at all elementary schools and one will always be vegetarian. Please check your menu.

SALAD BAR EVERYONE!

Students will be REQUIRED to take at least 1/2 cup serving of fruit and/or vegetables with lunch. NO EXCEPTIONS! Fresh fruit and salad bars are in all elementary sites. A fresh garden salad, vegetable sticks, assorted fresh seasonal fruits, dried fruits and/or canned fruits, along with specialty salads and garden treats are available daily.

BREAKFAST & LUNCH!

Yes, all cafés are open for BREAKFAST from 8:00 AM to 8:45 AM, Monday through Friday. A hot & hearty breakfast is served until 8:30 AM daily and a "Quick Bite" is served from 8:30 AM to 8:45 AM daily. Please see your monthly menu for updates. CCMS will have a new Patio Breakfast cart daily for quick "Grab 'n Go" options.

FIELD TRIPS

Yes, we do provide sack lunches for field trips. Permission slips are sent home with the option of a "Sack Lunch", please make sure you check it off if your child will be needing one! The lunch includes a cold sandwich, veggie sticks, fresh fruit and milk. Bottled water is available if pre-ordered for \$0.50 per bottle.

SPECIAL REQUESTS

If you have any requests, such as no chocolate milk for lunch or only on Friday, please contact the Food Services office and notes will be placed on your children's account. If you have a child in middle school and/or high school and you do not want them to purchase a la carte, this note can also be placed on their accounts.

PLEASE BE ADVISED

A cafeteria account cannot be closed. All students will have an account for the entire time they are enrolled in CCUSD.

If you feel the account is being used by someone other than your child, please contact the Food Services office immediately so that it can be investigated and the PIN can be changed.

PAYMENTS

Payments on accounts can be electronically paid through e-funds, cash and/or check payments can be made at the school site. Please be sure to write the date, student name and dollar amount of deposit.

WHERE IS THE MENU?

Menus for all schools can be found on-line at www.culvercafe.org.

A printed menu will be sent home monthly to elementary students.

Circle kid favorites & put it up on the refrigerator so they don't forget that school lunch rocks!

Be sure to follow your "cclunchlady" on twitter for daily menu news & updates!

Telephone - (310) 842-4200 x 3304

