

Meal Prices for 2015/16 school year

BREAKFAST

All Schools:

Free & Reduced Price Eligible Students- No Charge

Full Pay Students pay only \$1.75 for Breakfast

LUNCH

Elementary & Middle Schools:

Reduced Price Eligible Students- \$0.40

Full Pay Students - \$2.50

High Schools:

Reduced Price Eligible Students- \$0.40

Full Pay Students- \$2.75

Adult/Non-Student Meals (all Schools):

Breakfast- \$2.50

Lunch- \$3.75

***Pre-pay for School Meals At:
Any school cafeteria accepts
cash, check or money order.***

To pay with credit card go to:

Pams Lunchroom

*There is no cost to register, browse
the website and check account
balances.*

*However, a service fee of \$1.95 will
be charged per student payment.*

Silver Valley USD Child Nutrition Services

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Silver Valley USD Child Nutrition Services

*Proud sponsor of the
National School Lunch
and School Breakfast
Programs*

Welcome to the
2015/16 School Year.

Where
Good nutrition and
learning go hand in
hand!

The Facts about School Meals:

School meals are balanced and healthy.

- Fresh Fruits and Vegetables
- Whole Grains
- Limited Fat and Saturated Fat
- Zero Trans-fat
- Baked not Fried
- Reduced sodium
- Reduced sugar
- High Fiber
- Age appropriate portion sizes

School meals help kids maintain a healthy lifestyle.

- Students who eat school meals provided through the National School Lunch and Breakfast program are more likely to be at a healthy weight
- Consume more fruits and Vegetables over a 24 hour period; they also consume less soda and/or sugary drinks.
- Learn healthy eating habits for life

School meals help students do better in school.

- Research has shown that students who eat school meals perform their best academically.

- Students who eat school breakfast have greater gains in standardized test scores and show improvements in math, reading and vocabulary scores.
- Increases attendance rates
- Decreases behavior problems and visits to the school nurse

School meals are a great deal.

- On average it cost less to buy a school lunch than to bring a lunch from home.
- Students receive a healthy balanced meal with fresh fruit and vegetable options for \$2.75 or less.
- Eligible students may receive free or reduced price meals

School meals are safe.

- School nutrition staff has training in food safety and HACCP standards.
- School kitchens receive at least two health inspections annually.
- According the Food and Drug Administration, school kitchens are among the safest of commercial and institutional foodservice establishments.

We are excited about our new Offer Vs. Serve Breakfast program!

- More daily entrée choices
- Fresh fruits/ and or juice every morning.
- Students are offered at least 4 breakfast components daily. Grains, Fruit & Juice, Milk, optional Meat or Meat Alternative are available.
- Students may choose all 4 components, but only have to take 3 meal components. (one choice must be a fruit or juice)
- Reduces plate waste
- Free and Reduce price eligible students receive Breakfast at No Charge.
- Breakfast is only \$1.75 for full pay students.



Go Breakfast!