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School Meals—A Great Choice for Students and Families

Delicious!

Whether your child's favorite foods are traditional or adventurous, there is something they will enjoy at school. Led by Executive Chef Jim Dumars and Child Nutrition Chef Leigh Ann Bozung, the staff prepares anything from Spaghetti with Meatballs to Hamburgers to Taco Chef Salads to Homemade Coffee Cake with an emphasis on great taste that students will enjoy.

Good Nutrition!

Lunch always includes a trip to our salad bars full of delicious fruits and vegetables. Our popular Harvest of Month offers a different fresh, seasonal choice such as watermelon, sugar snap peas or fresh strawberries monthly.

Whole-grain bread and other grains are an important part of school meals and many of ours are baked fresh daily in our Central Kitchen. We invite you to find out just how tasty healthy whole-grains can be!

All our meals meet strict Institute of Medicine and United States Department of Agriculture standards for healthy meals for children. Fat, sodium and sugar levels are strictly controlled.

Picky Eaters Welcome!

Vegetarian, dairy-free, and gluten-free entrées are marked on our menus. If your child has a medical condition that requires a special diet, please contact the Child Nutrition department directly at 619-390-2600 x 2550 for more information.

Affordable!

School meals can save you money. Prices are only

- Breakfast \$1.50 for elementary students and \$1.75 for middle-school students.
- Lunch \$2.50 for elementary students and \$2.75 for middle-school students.

Your family may qualify for meals that are free or reduced-price. Apply on-line at <http://lsusd.heartlandapples.com> or on our district web site under "Quick Links." Paper applications are also available at school sites.

We look forward to serving you.

The Child Nutrition Staff.

Schools of Arts and Sciences

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