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School Meals- A Great Choice for Students and Families! 2022-2023 School Year

Delicious!

Whether your child's favorite foods are traditional or adventurous, there is something they will enjoy at school. The staff prepares anything from Spaghetti with Meatballs, Hamburgers, 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 bar full of delicious fruits and vegetables. Our popular Harvest of the Month offers a different fresh, seasonal choice such as watermelon, sugar snap peas, or fresh strawberries.

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 of 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 entrees 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 x2550 for more information.

Meal Benefits!

School meals can save you money! School meals are free to all students, but by filling out your students benefit form, more funding comes directly to the classroom. Meal benefits also help individuals to qualify for other local and state programs.

Your family may qualify for meal benefits that are free or at a reduced-price. Apply on-line at <http://lsusd.school lunchapp.com> or on our district web site under "Quick Links."

We look forward to serving you,
The Child Nutrition Staff