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## **School Meals - A Great Choice for Students and Families!**

2023-2024 School Year

### **Delicious!**

Whether your child's favorite foods are traditional or adventurous, there is something for everyone. The staff prepares anything from Spaghetti, Hamburgers, Chef's Salad to Homemade Coffee Cake with an emphasis on great taste that students will enjoy!

### **Good Nutrition!**

Lunch always includes a trip to the salad bar of delicious fruits and vegetables. Our popular Harvest of the Month, seasonal choices and fresh offerings.

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.

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

### **Meal Benefits!**

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

Your family may qualify for meal benefits that are free or at a reduced price. Apply online at <http://lsusd.schoollunchapp.com> or on the district's website under Quick Links.

We look forward to serving you and Welcome to the Lunch Line!  
The Child Nutrition Staff

Lakeside Union School District  
Child Nutrition Department  
619-390-2630

This institution is an equal opportunity provider