

Breakfast Options

As Part of the School Breakfast,
Each Student May select:
Entrée + 2 Fruit+ 1 Veg + Milk

Student **MUST** Select:
1/2 Cup Fruit or Juice

Cold Entrees

Pan Dulce
PB&J Pocket
Assorted Muffins
Cream Cheese Bagel Stick
Cereal or Cinnamon Buns
Yogurt Parfait ✕

Hot Entrees

Ham & Egg Breakfast Sandwich✕
Breakfast Pizza
Scrambled Egg & Potato Break-
fast Bowl*
Pancake & Sausage Stick
Breakfast Burritos
French Toast Sticks
Oatmeal & Cinnamon Apples ✕

Breakfast Sides

Hash Brown Potatoes
Fresh Fruit Variety
Juice
Milk

**All Food Items are Trans Fat Free & made with
Whole Grain Breads and Grains

✕ MENU ITEMS MADE IN OUR OWN KITCHEN

Program Information

School Lunch Program

Eligible Students can receive free or reduced priced meals, if household incomes meet the guidelines for the National School Lunch and Breakfast Programs. One application per family must be submitted *each* school year.

Nutrition & Menus

Our primary goal is to provide nutritious, good tasting food choices where the *healthy choice is the easy choice*. Each day our menus offer students a variety of fresh fruits and vegetables, whole grain rich breads and grains, low fat dairy products, as well as vegetarian options.

According to the U.S. Center for Disease Control, better nutrition improves academic grades and standardized tests scores, reduces absenteeism and strengthens memory; and one in three children is overweight or obese.

The Healthy, Hunger-Free Kids Act of 2010 (HHFKA) was championed by the First Lady as part of her Let's Move! Initiative to solve the problem of childhood obesity in our country.

All beverages and snack foods meet the requirements initiated by the California Childhood Obesity Prevention Act of 2004, which mandates the restriction of selling carbonated and other unhealthful beverages.

Additional regulation enacted by California, also prohibits the sale of foods considered to be of *minimal nutritional value* or *Non-nutritive* that contain trans fat, and those greater than 35% total fat, 10% saturated fat, or high sugar foods.

Student wellness and high achievement remain to be our highest priority as we continually work to improve the quality of our meals and service at Val Verde USD.

Board of Education

Marla Kirkland, President
Shelly Yarbrough, Vice President
Suzanne Stotlar, Clerk
Julio Gonzalez, Member
Michael M. Vargas, Member

Val Verde Unified
School District

Food Services

Secondary School Menu

Prices

Lunch—\$2.75
Breakfast—\$0.00

Visit the District's Web
Site for Food Service
Department Info:

www.valverde.edu

☞ On-line Meal Applications
☞ Breakfast & Lunch Menus
☞ Nutrition Information

OR

Visit www.myschoolbucks.com to
set-up your child's on-line
payment account

Tel: 951 940-6109

Main Entrées

As Part of the School Lunch, Students May Select

Entrée + 2 Fruit + 2 Veg + Milk



Hot Entrees

Grilled Cheese

BBQ Rib Sandwich

Chicken Nuggets/Sandwiches

Cheeseburger Twins

Turkey & Gravy

Turkey Chili w/Beans

DELI-Made Fresh Daily

Turkey or Ham Grinders

Chef Salad & Wraps

Tuna Sandwich

Spicy Chicken Salads

ITALIAN

Pepperoni Calzone

Spaghetti

Pizza, Pepperoni or Chicken

ASIAN-Made Fresh Daily

Chicken Chow Mein & Rice Bowls

General Tso, Teriyaki, or Sichuan

Asian Chicken Salad

MEXICAN-Fresh made Burritos

Bean Rice & Cheese

Beef & Bean, Pork & Rice

Bean & Cheese

Tamales

Chicken Quesadilla



VEGETARIAN

Green Chile Omelet served w/warm

Flour Tortilla-Made Fresh Daily

Vegetable or Cheese Pizza

Spicy Black Bean Burger -vegan

Chick 'n Patty -vegan

Sandwiches

Grilled Cheese Sandwich

Muffin & Yogurt Parfaits

PB&J Pockets

*All Breads and Grain Items are Whole Grain Rich

To Prepay for Meals go to:

www.MySchoolBucks.com

You will need your student's District ID

It Looks like "2000012345"



To Count as a Complete Meal,

Students MUST Select:

1/2 cup Fruit or Vegetable

Fruits

Apple Slices

Peach or Strawberry Cup

Seasonal Fresh Fruit

Local grown-Oranges & Grapefruit

Melon

Pineapple Cup

Juice

Vegetables

Baked Potato Wedges

Carrot Sticks w/dip

Bean Cup w/ Red Sauce

Garden Salad

Cucumber Slices & Jicama w/Tajin



Val Verde Unified School District

Val Verde USD Food Services,
975 W. Morgan St.
Perris, CA 92571

Phone: 951 940-6109

www.valverde.edu/district/department/food

MENU SUBJECT TO CHANGE WITHOUT NOTICE

USDA and CDE are equal opportunity providers and employers