

## 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](http://www.valverde.edu)

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

OR

Visit [www.myschoolbucks.com](http://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

MENU SUBJECT TO CHANGE WITHOUT NOTICE

## 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](http://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 USD Food Services,  
 975 W. Morgan St.  
 Perris, CA 92571

Phone: 951 940-6109  
[www.valverde.edu/district/department/food](http://www.valverde.edu/district/department/food)