

## Meal Prices for 2018/19school year

### **BREAKFAST**

#### All Schools:

Free & Reduced Price Eligible Students- No Charge

Full Pay Students pay only \$1.75 for Breakfast

### **LUNCH**

#### Elementary & Middle Schools:

Reduced Price Eligible Students- \$0.00

Full Pay Students - \$2.85

#### High Schools:

Reduced Price Eligible Students- \$0.00

Full Pay Students- \$3.00

### **Adult/Non-Student Meals (all Schools):**

Breakfast- \$2.50

Lunch- \$4.00

### ***Pre-pay for School Meals At:***

***Any school cafeteria accepts  
cash, check or money order.***

***To pay with credit card go to:***

### **[Pams Lunchroom](#)**

*There is no cost to register, browse  
the website and check account  
balances.*

*However, a service fee of \$1.95 will  
be charged per student payment.*

## Silver Valley USD Child Nutrition Services

PO Box 847  
Yermo, Ca. 92398

#### Phone:

760-254-2916  
Ext. 1126 or 1138

Fax: 760-254-1321

#### To contact by email:

Donna Trofa, CNS Director  
[dtrofa@svusdk12.net](mailto:dtrofa@svusdk12.net)

Pam Sarabia, ACCT. Tech.  
[psarabia@svusdk12.net](mailto:psarabia@svusdk12.net)

#### Website:

[www.silvervalley.k12.ca.us](http://www.silvervalley.k12.ca.us)

**This Institution is an Equal  
opportunity provider**

# Silver Valley USD Child Nutrition Services

*Proud participant of the  
National School Lunch  
and School Breakfast  
Programs*

Welcome to

**Silver Valley USD**

Where

Good nutrition and  
learning go hand in  
hand!

## The Facts about School Meals:

### **School meals are balanced and healthy.**

- Fresh Fruits and Vegetables
- Whole Grains
- Limited Fat and Saturated Fat
- Zero Trans-fat
- Baked not Fried
- Reduced sodium
- Reduced sugar
- High Fiber
- Age appropriate portion sizes

### **School meals help kids maintain a healthy lifestyle.**

- Students who eat school meals provided through the National School Lunch and Breakfast program are more likely to be at a healthy weight
- Consume more fruits and Vegetables over a 24 hour period; they also consume less soda and/or sugary drinks.
- Learn healthy eating habits for life

### **School meals help students do better in school.**

- Research has shown that students who eat school meals perform their best academically.

- Students who eat school breakfast have greater gains in standardized test scores and show improvements in math, reading and vocabulary scores.
- Increases attendance rates
- Decreases behavior problems and visits to the school nurse

### **School meals are a great deal.**

- On average it cost less to buy a school lunch than to bring a lunch from home.
- Students receive a healthy balanced meal with fresh fruit and vegetable options for \$2.75 or less.
- Eligible students may receive free or reduced price meals

### **School meals are safe.**

- School nutrition staff have training in food safety and HACCP standards.
- School kitchens receive at least two health inspections annually.
- According the Food and Drug Administration, school kitchens are among the safest of commercial and institutional foodservice establishments.

## How does the Offer Vs. Serve Breakfast & Lunch program work?

- More daily entrée choices
- Fresh fruits/ and vegetable choices every day.
- Students are offered at least 5 components daily. Meat or Meat alternatives, Grains, Vegetables, Fruits, and Milk choices. Students may choose all 5 components, but only have to take 3 meal components. (one choice must be a fruit or vegetable)
- Reduces plate waste
- Free and Reduce price eligible students receive Breakfast and Lunch at No Charge.



**Go Breakfast!**