

NUTRITION SERVICES

COVINA-VALLEY UNIFIED SCHOOL DISTRICT

Fall 2023 Newsletter



SCHOOL MEALS ARE FREE

ALL C-VUSD STUDENTS CAN RECEIVE A FREE BREAKFAST AND LUNCH EACH SCHOOL DAY.

FRESHLY PREPARED, LOCALLY GROWN MEALS

Freshly prepared meals are offered across all grade levels! We offer healthy meals made with whole grains, like teriyaki chicken, orange chicken, and Korean beef with brown rice. We also serve wheat pasta dishes like spaghetti with meat sauce and chicken alfredo.



Elementary School Salad Bar

All meals include California grown fruits and vegetables! Featured seasonal fruits this fall include plums and nectarines. Schools also have salad bars or veggie trays filled with leafy green salads and cut vegetables paired with our student favorite house-made ranch.



Spaghetti with Meatballs



Teriyaki Chicken

FEATURED MENU ITEMS



Beef Tacos



Berry Smoothie



Chicken Chow Mein

DID YOU KNOW?

High schools offer **meatless entrees** every day of the week ranging from spicy black bean burgers, meatless entree bowls, and PB&Js.



WHAT'S ON THE MENU?

Scan the QR code or visit c-vusd.org and click on **Nutrition Services** to see what delicious and nutritious meals will be served each day.



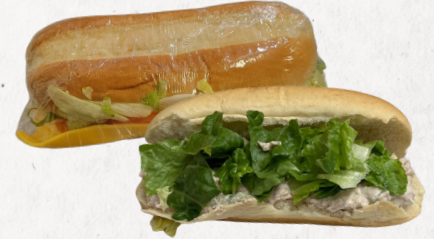
**Egg & Potato
Breakfast Burrito**



**Banana Cinnamon
Muffin**



**Drumstick Mashed
Potato Bowl**



**Turkey and Tuna
Sandwiches**

SHARE CARTS CAN HELP REDUCE FOOD WASTE

SHARE CAFETERIA FOOD

DON'T THROW IT AWAY!

Leave any unwanted, unopened cafeteria food on share cart for others to enjoy.



WHOLE FRUITS WITH PEEL



SEALED FOOD



JUICE, MILK, AND YOGURT

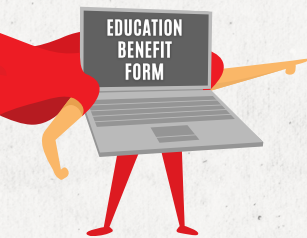


Want an extra serving?

Students can take any food or drink items from the share cart at no cost.

The Share, Don't Throw it Away campaign aims to cut down on food waste. Each school has a "share cart" where students can place extra, unopened cafeteria food for other students to take. Any food items not eaten by the end of the meal service are then donated to local food pantries.

MEAL APPLICATIONS?



SCAN HERE



Meal applications are not required this year. Families will be asked to complete an Education Benefit Form to ensure our schools receive vital funds for student resources.

FOOD ALLERGIES?

Nutrition Services provides special diets for students with medical needs or food allergies. Visit c-vusd.org and click on Nutrition Services to download the Meal Accommodation form.



DON'T MISS

SEPTEMBER

27th - Lucky Tray Day
(Elementary Schools)



OCTOBER

9th-13th National School Lunch Week



NOVEMBER

Friendsgiving Lunch

