



# SDUHSD NUTRITION SERVICES

## SCHOOL MEALS 2023-2024

### Frequently Asked Questions (FAQs)

#### What are school meals?

School meals are nutritionally adequate breakfast and lunch meals that are required to meet the Dietary Guidelines for Americans. Meals meet strict federal and state nutrition standards. The standards require schools participating in the National School Lunch Program (NSLP) and School Breakfast Programs (SBP) to offer students the right balance of fruits, vegetables, low fat or fat-free milk, whole grains, and lean protein with every meal. (<https://www.fns.usda.gov>)

#### What are Smart Snacks in schools?

Smart Snacks are foods available for purchase on the school campus during the school day. All foods sold during the school day are required to meet federal and state nutrition standards. The Smart Snacks in School regulation applies to foods sold a la carte, in the school store, vending machines, and any other venues where food is sold to students during the school day.

(<https://www.fns.usda.gov/cn/tools-schools-focusing-smart-snacks>)

#### Will school meals be free for all students during the 2023-2024 school year?

Yes. Beginning School Year (SY) 2023-24, under the **California Universal Meals** program, *California Education Code (EC 49501.5)* requires school districts serving students in grades K-12 to provide two meals free of charge (breakfast and lunch) during each school day to students requesting a meal, regardless of their free or reduced-price meal (FRPM) eligibility. Per California state legislation, San Dieguito Union High School District (SDUHSD) may provide only “one” free breakfast and “one” free lunch to enrolled, in-person students requesting a meal.

#### Are students required to participate in school meals?

No. Students may prefer to bring their own meals and snacks. Meals and snacks may be consumed on campus during designated meal/snack times.

#### What is the California Universal Meals program?

See “Will school meals be free for the 2023-24 school year?” Learn more about California Universal Meals by visiting: <https://www.cde.ca.gov/ls/nu/sn/cauniversalmeals.asp>

#### Do students/households need to submit an application for Free/Reduced-Price Meals for 2023-2024?

No. An application is not necessary to access free breakfast or lunch school meals for the 2023-24 as part of the California Universal Meals program. However, households who believe they are eligible for Free or Reduced-Price Meals are encouraged to apply. Benefits of free or reduced-price meal eligibility may include: academic testing fee waivers, community program fee waivers/discounts, public/private utility discounts, and P-EBT.

#### How do I submit an application for Free/Reduced-Price Meals?

Beginning July 1, 2023, households can submit applications for the 2023-24 school year. Access the simple and secure online application at: <https://www.schoolcafe.com/SDUHSD>. You may download a paper copy of the application at [www.sduhsdnutrition.com](http://www.sduhsdnutrition.com) or request a paper copy from your school office, or from the Nutrition Services Administrative office, located at: 675 Balour Drive, Encinitas, CA 92024. For more information, call 760-753-6241 ext. 3426.



### How does submitting an application for Free/Reduced Price Meals support school funding that benefits students?

The school meal program is supported by federal and state reimbursements that are based on household income and eligibility. Completing a household meal application supports the district in maximizing funding to the nonprofit child nutrition program. Submission of a household meal application may help the district qualify for additional funding and provide students and households with educational and community discounts. Parents, guardians, and children do not have to be U.S. citizens to qualify.

### What is P-EBT and who qualifies?

The Pandemic Electronic Benefit Transfer (P-EBT) is a federally funded program and is part of the U.S. government response to the COVID-19 pandemic. The California Department of Social Services (CDSS), in collaboration with the California Department of Education (CDE) operate the program in California. Through P-EBT, eligible school children receive temporary emergency nutrition benefits loaded on EBT cards that are used to purchase food. Eligibility is established by the United States Department of Agriculture. Students can be determined eligible through free or reduced-price meal application, direct certification or through attendance in a Community Eligibility Provision (CEP) or other Provision school.

Since the 2013-2014 school year, the district has operated the Provision 2 breakfast program at La Costa Canyon and Torrey Pines High Schools. Students enrolled in these schools between March 2020 and Summer 2023 may receive P-EBT benefits from the federal government through the U.S. Postal Service.

San Dieguito Union High School District does not issue P-EBT cards. Our district does not have access to management of the cards, including loading, re-loading, or resolving issues related to the P-EBT cards.

For more information on P-EBT, please visit the following:

California Department of Social Services: <https://www.cdss.ca.gov/home/pandemic-ebt>

If you have questions about P-EBT benefits, call the P-EBT Helpline at **(877) 328-9677**. Please note the Helpline can only help families that expected to receive a card in the mail or received a P-EBT card. The P-EBT Helpline cannot assist with questions about P-EBT eligibility or issuing new benefits. (<https://www.fns.usda.gov/snap/state-guidance-coronavirus-pandemic-ebt-pebt>)

### What do I do if I need a Free/Reduced Price Meal- “Letter of Eligibility” to access community resources?

Please contact the SDUHSD Nutrition Services Administrative Office for more information.

Location: Oak Crest Middle School, 675 Balour Dr., Encinitas, CA 92024

Phone: 760-753-6241, ext. 3426,

Email: [leslie.luna@sduhsd.net](mailto:leslie.luna@sduhsd.net); [jacqueline.chappell@sduhsd.net](mailto:jacqueline.chappell@sduhsd.net)

### How does my student access free breakfast and/or lunch at school?

Each student will be required to enter their **Student ID #** on the keypad or scan their **barcode** at the point of service (POS) to receive one free breakfast and one free lunch per school day. The **Student ID #** can be found through the Aeries parent and student portals. Beginning SY 2023-24, students will have the option of downloading the *School Café app* to utilize the **electronic barcode scanning** feature.

### Where can I find my student’s confidential school meal Pin #?

Your student’s Pin # is the same as their **Student ID #**, which can be found on the **Aeries** Student Information System via the parent and student portals.



**Canyon Crest Academy**

Nutrition Services, Tatiana Svolopoulos, 858-350-0253, ext. 4009,  
[tatiana.svolopoulos@sduhsd.net](mailto:tatiana.svolopoulos@sduhsd.net)

**Carmel Valley Middle School**

Nutrition Services, Nina Vasileva, 858-481-8221, ext. 3028,  
[nina.vasileva@sduhsd.net](mailto:nina.vasileva@sduhsd.net)

**Diegueno Middle School**

Nutrition Services, Sangeetha Subramanian, 760-944-1892, ext. 6642,  
[Sangeetha.Subramanian@sduhsd.net](mailto:Sangeetha.Subramanian@sduhsd.net)

**Earl Warren Middle School**

Nutrition Services, Gina Pierce, 858-755-1558, ext. 4420, [Gina.Pierce@sduhsd.net](mailto:Gina.Pierce@sduhsd.net)

**La Costa Canyon High School**

Nutrition Services, Robin Carafa, 760-436-6136, ext. 6148, [Robin.Carafa@sduhsd.net](mailto:Robin.Carafa@sduhsd.net)

**Oak Crest Middle School**

Nutrition Services, Paul Kelly, 760-753-6241, ext. 3318, [Paul.Kelly@sduhsd.net](mailto:Paul.Kelly@sduhsd.net)

**Pacific Trails Middle School**

Nutrition Services, Krystle Harris, 760-753-6241, ext. 3426,  
[Krystle.Harris@sduhsd.net](mailto:Krystle.Harris@sduhsd.net)

**San Dieguito Academy**

Monica Espinoza, 760-753-1121, ext. 5013, [Monica.Espinoza@sduhsd.net](mailto:Monica.Espinoza@sduhsd.net)

**Sunset High School**

Monica Espinoza, 760-753-3860, ext. 5616, [Monica.Espinoza@sduhsd.net](mailto:Monica.Espinoza@sduhsd.net)

**Torrey Pines High School**

Rose Hernandez, 858-755-0125, ext. 2254, [Rose.Hernandez@sduhsd.net](mailto:Rose.Hernandez@sduhsd.net)

**Why is the Student ID/Pin # confidential?**

Student ID #'s are confidential and should NOT be shared with any other student (including siblings). Each student ID # is connected to the individual student and their meal account. Meal accounts cannot be shared.



### What is the School Café app?

Beginning SY 2023-24, parents and students may download the ***School Café app*** to an Apple or Android mobile device. The app offers a single platform for payments, account management, and meal applications. The mobile app integrates with the SDUHSD Nutrition Services barcode scanning system to help speed up meal transactions and reduce touchpoints during the meal times.

### What is included with free meals for the 2023-2024 school year?

Each meal is provided as a combination meal (Combo Meal) with the following components:

#### **Breakfast Combo**

- Breakfast Entrée
- Fruit/Juice
- Optional: Milk (8oz, 1% White or non-fat Chocolate)

#### **Lunch Combo**

- Lunch Entrée
- Fruit/Juice or Vegetable
- Optional Milk (8oz, 1% White or non-fat Chocolate)

### Where can I find the breakfast and lunch menus for my student's school?

- [www.SDUHSDnutrition.com](http://www.SDUHSDnutrition.com)
- Menus are posted at each school site cafe

### What is available for purchase at school during the school day?

Breakfast and lunch meal combos are FREE to all students during the 2023-2024 school year through California Universal Meals. **Smart Snack** approved food items are available for purchase from campus vending machines located at all school sites except: Earl Warren, Oak Crest Middle School, Diegueno Middle School and Pacific Trails Middle Schools. Vending machines accept cash and in some locations Apple Pay, Android Pay, American Express, MasterCard, Visa, and Discover. Visit [www.SDUHSDnutrition.com](http://www.SDUHSDnutrition.com) to learn more about Smart Snacks, and to view a Smart Snacks item/price list.

### Will students need their Student ID/Pin # to access free school meals?

Yes. Each student will be required to enter their confidential Student ID/Pin # at the point of service via the keypad or scan their individual barcode (access barcode via the School Café app). You may request a printed copy of the barcode by contacting Nutrition Services at the school site.



### **My student has special dietary needs; can Nutrition Services accommodate special requests?**

Yes. Please request Special Meals and/or Accommodations by having a medical provider complete the ***“Medical Request for Special Meals and/or Accommodations”*** form and turning that in to the SDUHSD Nutrition Services Administrative Office. Once the form is received, the Nutrition Services team will work directly with the student and/or parent/guardian to identify meal options so that students may fully participate and enjoy school meals. The Medical Request for Special Meals and/or Accommodations is found on the SDUHSD Nutrition Services website at: [www.SDUHSDnutrition.com](http://www.SDUHSDnutrition.com) (<https://www.cde.ca.gov/ls/nu/sn/fm.asp>)

### **Does Nutrition Services offer vegetarian meals?**

Our district provides a meatless option for breakfast and lunch daily. For more specific vegetarian requests to include no animal products, please request Special Meals and/or Accommodations by completing the ***“Medical Request for Special Meals and/or Accommodations”*** form (which must be signed by a medical professional) and turning the signed form in to the SDUHSD Nutrition Services Administrative Office. Once the form is received, the Nutrition Services team will work directly with the student and/or parent/guardian to identify meal options so that students may fully participate and enjoy school meals. The Medical Request for Special Meals and/or Accommodations form is found on the SDUHSD Nutrition Services website at: [www.SDUHSDnutrition.com](http://www.SDUHSDnutrition.com) (<https://www.cde.ca.gov/ls/nu/sn/fm.asp>)

### **Are school meals free for adults?**

No. SDUHSD participates in the National School Lunch Program (NSLP) and the National School Breakfast Program (NSBP). The NSLP and NSBP do not provide free school meals to adults (parents or staff). Some exemptions may apply, please contact Nutrition Services for more information.

### **Where can I find more information about Nutrition Services at SDUHSD?**

Visit: [www.SDUHSDnutrition.com](http://www.SDUHSDnutrition.com); Contact:

**Nutrition Services Administrative Office**  
**Oak Crest Middle School**  
**675 Balour Drive, Encinitas, CA 92024**

Jacqueline Chappell, NS Director  
760-753-6241, ext. 3425  
[jacqueline.chappell@sduhsd.net](mailto:jacqueline.chappell@sduhsd.net)

Kristy St. Louis-Stevens, NS Operations Supervisor  
760-753-6241, ext. 3427  
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Leslie Luna, NS Administrative Assistant  
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**This institution is an equal opportunity provider.**

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