



MONTEREY PENINSULA UNIFIED SCHOOL DISTRICT

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Micha James, M.S.

Director, Nutrition Services

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Dear Parents and Guardians,

The MPUSD Nutrition Services Department welcomes you to the 2018-2019 school year! We believe that the School Cafes are an important part of your child's educational process – our department is a direct support system for your child's academic and athletic goals. Our mission through Nutrition Services is to provide delicious food that supports a whole food perspective. We take this commitment very seriously and hope that you and your child will take full advantage of everything our Cafes offer throughout this school year!

This Year

We are continuing our focus on freshly prepared meals that follow the National School Breakfast and Lunch Programs nutritional guidelines. Nothing contributes to health more than serving real ingredients prepared with care, creativity, and attention to quality. Our *Ingredients of Concern*, our commitment to our students and the MPUSD community that we will not serve any foods containing High Fructose Corn Syrup, Partially Hydrogenated Oils, nor foods containing artificial colors, flavors, and sweeteners, supports our mission, and while this small list is only the beginning – we strongly believe that food should not be a chemistry project but rather something that is *fresh + delish*, and represents all of the beauty and nutrition nature naturally provides.

Pre-Payment Accounts

Time in the lunch room is precious, and getting students through the line timely is a top priority. Please help your student memorize their ID# at home, and take advantage of our online payment system at: <https://www.myschoolbucks.com>. With MySchoolBucks, you can add money to your child's account, view account balances and recent purchases, and set up notifications for low balances.

Meal Applications

As a sponsor of the National School Breakfast & Lunch Programs, we offer free and reduced priced meals to families that qualify based on household income. You can receive an application from your child's school site, by visiting our Nutrition Services Office, or you may submit an online application here: <https://www.myschoolapps.com/Application>.

Applications must be completed each year, and only one application is needed per household.

Classroom Parties & Fundraisers

We provide a full catering service for school celebrations and fundraisers in accordance with USDA guidelines and our district Wellness Policy. How about a Parfait Party with our homemade granola to celebrate a birthday? Let us do the work, so you can enjoy the occasion. For a full catering menu and more information, please visit the **Caterings & Order Forms** on the Nutrition Services website:

https://www.mpusd.net/apps/pages/index.jsp?uREC_ID=1012823&type=d&pREC_ID=1322393. You may also work with your school's office or secretary to place an order.

The food your child eats is so important and we want you to rest assured that we are doing our part to ensure that while at school, *fresh + delish* is reflected in everything we offer. We love to hear feedback and any ideas that will make our program the best it can be – feel free to contact us at (831) 392-3903, mijames@mpusd.k12.ca.us!

Sincerely,

Micha James, M.S. | Nutrition Services Director