

# CUHSD NUTRITION

## DID YOU KNOW?

### GREAT MEALS AT GREAT PRICES!

#### BREAKFAST

Full Price - \$1.25

Reduced - \$0.30

#### LUNCH

Full Price - \$2.00

Reduced - \$0.40

#### **You Don't Have To Worry About Your Child's Breakfast and Lunch Meals**

No more early morning rush or worries about your child's nutrition needs!

Central Union High School District (CUHSD) provides popular, nutritious, balanced, tasty and very inexpensive meals for all students in Central Union, Southwest and Desert Oasis High Schools.

CUHSD has contracted with Sodexo Corporation to receive consulting for its Food and Beverage services; the "largest" Quality of Life Services Company in the world, with more than 120,000 employees just in the US.

CUHSD and Sodexo together follow all the national, state and local nutrition and wellness trends and guidelines very closely. Kitchens do not have any deep fryers or grills. All items are oven baked. Consequently, even though all popular items are sold such as Hamburgers, Burritos, Pizza, French Fries...etc., all selections are much less in fat, calories and sodium than the similar items sold at local fast food operations.

**Breakfasts** have 5 entrées that change daily, 3 side dishes and two beverages to choose from everyday and it costs only **\$1.25** for a full meal. Reduced breakfast price is **\$0.30**

**Lunch** is served out of 7 concepts from Grill to Pizza, from Deli to Chopsticks. There are many entrées and side dishes that change daily along with two beverages to choose from. Full lunch price is only **\$2.00** and the reduced meal price is just **\$0.40**.

We also understand the value of students' free time. Most of the students are served within the first 10-15 minutes of their lunch period or during breakfast service.

**MAKE SURE YOUR STUDENT JOINS US FOR A GREAT MEAL, AT A GREAT PRICE!**

CUHSD Nutrition Services Team

## 5 Reasons Why School Breakfast Works!

Eating a healthy breakfast helps students...

- 1 Perform better in school.
- 2 Stay focused in class.
- 3 Be on time and in tune.
- 4 Maintain a healthy weight.
- 5 Eat a healthier diet.

## Good Nutrition For Better

#### **Notes From California State Superintendent of Public Instruction, Jack O'Connell's Letter to Superintendents on January 7, 2010**

"Research consistently shows that hungry students can not learn. Specifically, students who routinely eat a nourishing breakfast perform better in school and have lower rates of absenteeism and less tardiness".

"One such study in Philadelphia and Maryland found that students who ate **school breakfast** at least four days per week had math grades that averaged almost a whole letter grade higher than the grades of students who rarely ate at school breakfast. Additionally, those who ate breakfast had less hyperactivity, lower absenteeism (1 day less), and less tardiness (0.7 days less) during the four month study period".



**sodexo**

Making every day a better day

# CUHSD NUTRITION

## MEAL PAYMENTS ONLINE!



### Meal Time Online Payments

CUHSD has chosen Meal Time Online to offer parents, the convenience of making payments to their student's account using the Internet.

It is as easy as 1, 2, 3...after you go to [www.mymealtime.com](http://www.mymealtime.com)

#### Step 1: Create a Meal Time Online Profile:

Click on the "Create new profile" link and enter a Username and Password that you will use to login to Meal Time Online. The Username and Password must be at least 6 characters. For example, Username: jsmith Password: pty845.

**Step 2: Add Your Student:** Login to your Meal Time Online account (using the Username and Password that you created in Step 1), click on "Meal Account Deposits" then click the "Add New Student" link and add your student by entering their first name and student ID number.

**Student ID number must be entered with an alpha character (letter indicating high school) in front of them with no spaces.**

For Example:

Central Union High School Student ID# - C12345

Desert Oasis High School Student ID# - D12345

Southwest High School Student ID# - S12345

**Step 3: Make a Deposit:** Click on the "Make Deposit" link to make a deposit into a school account using your "Credit/Debit Card". There is a \$1.22 transaction fee per \$25.00 minimum deposit.

You can click on the "View Details" link next to your student's name to view their Nutrition Services account balance and purchase history.

**Note: Online deposits are processed daily. Deposits made on a certain day will be available on the following business day.**

The other benefit of using the online payment option is to be able to use your "credit/debit card", while credit cards are not accepted at the school locations.



## CONTACT US

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