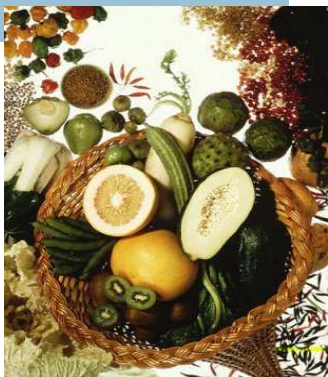


Forms You Might Need

On the Nutrition Services website, you can find an abundance of useful forms. Whether you are a parent, principal, teacher, or administrator, you are always just one click away from what you need. Here's a list of just a few resources available:

Field Trip Order Form
Pizza Party Order Form
Special Diet Request Form
Meal Account Refund or Transfer Form
Lunch and Breakfast Menus
Catering Guide and Seasonal Specials



Did You Know?

The *minimum* calorie requirement for a student meal, K-6th grade, is 664, and for 6-8th grade is 783 calories.

Nutrition Services uses only brown rice and whole wheat buns for all meals served to students.

We offer only non-fat chocolate milk and 1% white milk for all student meals.

White milk is the only flavor of milk available for school breakfast and the After School Snack Program here in the Fullerton School District.

FULLERTON SCHOOL DISTRICT
NUTRITION SERVICES

389 W. Truslow Ave.
Fullerton, CA 92832

Phone: 714-447-7435

Fax: 714-447-7425

E-mail: Amanda_Colon@fsd.k12.ca.us

FULLERTON SCHOOL DISTRICT
NUTRITION SERVICES

An A to Z Guide to Nutrition Services

*"GREAT SCHOOLS -
SUCCESSFUL KIDS"*



Amanda Colon
Assistant Director
714-447-7437

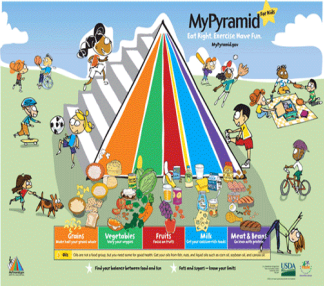
Debbie Hjorth
Senior Secretary
714-447-7435

Nutrition Education Opportunities

Trying to think of a fun activity for your class or school to link with nutrition education? Look no further. Nutrition Services can help. Here are several activities that we can help you put on:

Build-a-Burrito

This unique activity brings a Nutrition Center Manager into your classroom before lunch, and students will have the opportunity to participate in an interactive nutrition lesson about the Food Guide Pyramid while building a nutritious and delicious burrito. A complete lunch will be provided.



A-Z Salad Bar

This event is a wonderful way to expose your entire student body to new fruits and vegetables they may have never tasted. In one day students enjoy our 26-item buffet for lunch with items from daikon to quince to zucchini.

Colors of Food

Students receive a mini lesson from a Nutrition Center Manager about how to build a balanced meal through colors. Samples of all colors are brought and students get to taste them!

Nutrition Center Field Trip

Want to come see how and where school lunch is made? Come visit the Nutrition Center and see it all! Lunch or snack can be provided.

MySchoolBucks.com

MySchoolBucks.com is an easy way to take care of your child's lunch account funds without having to worry about writing a check or sending cash.

This website not only allows you to make online payments by credit card, but also has a plethora of tools you can utilize to monitor purchase and eating patterns.

Just like online banking, this website allows you to set up auto-payments and reminders. You choose the low-point and the account is automatically re-filled. Or a reminder email can be sent to the address on file. You choose what is best for your needs!



You can also view your child's transactions and see what dates he/she ate breakfast or lunch. If your child is in junior high, you can even see how much is being spent on a la carte items. Go to www.myschoolbucks.com today!

Free and Reduced Applications

Free and Reduced-Priced Meal Applications are available year-round to any family. Please remember that all families need to fill out a new application each and every year in order to participate in the program. This is due to the fact that the eligibility guidelines change annually.

Applications are accepted through the mail, but for the speediest processing time, please bring them in person to the Nutrition Center, located at 389 W. Truslow Ave.

We understand that circumstances change throughout the school year. Families can re-apply for benefits at any time. Proof of income is required for second and subsequent applications.

Healthy and Compliant Snack Items

There are so many rules and regulations on what food items can be given away or sold to students. Here is a list of compliant items that can be ordered from Nutrition Services and their prices:

- Jungle Crackers, \$0.25ea
- Chocolate Belly Bears, \$0.25ea
- Graham Crackers, \$0.25ea
- Goldfish Physedible Crackers, \$0.25ea
- Oatmeal Raisin To Go Bars, \$0.50ea
- Mini Pretzels, \$0.25ea
- Low-Fat Yogurt, \$0.50ea
- String Cheese, \$0.25ea
- Mini Rice Krispie Squares, \$0.25ea
- Raisins, \$0.25ea
- Whole Fruit, \$0.50ea
- Pumpkin Seeds, \$0.50ea
- Clif Twisted Fruit, \$0.85ea
- Munchie Mix, \$0.50ea
- Clodhoppers, \$0.50ea
- Kettle Crunchies, \$0.50ea
- Pretzel Poppers, \$0.50ea
- 100% Fruit Juice, \$0.50ea
- Whole Fruit 100% Juice Push Ups \$0.50ea
- Chex Strawberry Yogurt Mix \$0.50ea
- Strawberry Juice Bar \$0.50ea
- Frog Spit Push Up \$0.50ea
- Low Fat Vanilla & Chocolate Swirl Bar \$0.50ea

