



# KC NEWS

For the Family  
September 2009



Summer Fun Café BBQ at City Heights Recreation Center

## Welcome Back to School and Kid's Choice Café!

You are back to school and ready to go!!! You will meet new friends, a new teacher and maybe be at a new school. Don't forget to fuel up with breakfast and lunch every day and give your body the energy it needs to do all the things you want to do. **Kid's Choice Café is ready for you.** Come in and say "Hi" to the Café staff and enjoy great selections of entrees and many tasty choices from the salad bar. You can build your own lunch and make it just the way you like.

Breakfast is served every day and remains the most important meal of the day. Some schools have breakfast brought right into the classroom. The Breakfast in the Classroom program is now in forty schools and scheduled for more during the coming school year.

The Kid's Choice Café menu will be sent home the first week of school. It now includes the Breakfast in the Classroom menu.

### There are two ways to take advantage of this great program:

1. Breakfast at school is a bargain for only \$1.00 and lunch is only \$2.00. Parents and guardians can pre-pay for their child's meals by using the simple guidelines outlined to the right.
2. If your family qualifies, you can eat the Kid's Choice Café breakfast and lunch for free! Take home the 2009-2010 Free & Reduced Price Meal Application that you receive the first day of school and ask your parent to fill it out.

Either way, Kid's Choice Café is waiting for you to visit. We look forward to serving you.

## Frequently Asked Questions About School Lunch



**Does my child qualify for free meals?** The Free & Reduced Price Meal Application is given to each child at the beginning of the school year. ONE APPLICATION PER HOUSEHOLD is filled out for all the children in the home who attend any San Diego USD school. The only exception is for Foster and Group Home children. They will still need individual meal applications. Return the completed application to your child's school office or mail to SDUSD Food Services Department, 6735 Gifford Way, San Diego, CA 92111. After the application is received and examined, you are notified by letter whether you qualify.



**Is my application information secure?** Yes, family size, household income and social security number information will remain confidential and will not be shared for any purpose.



**If my household income changes, can I reapply?** Yes, applications are available in the school office and are accepted any time during the school year.

**If my child attends a school that qualifies for free meals to be given to all students, do I need to fill out an application?** No, unless you have a child at another school that does not receive school-wide free meals.

**How do I pre-pay for meals?** Call the PayPams meal payment system at 1-888-994-5100 or visit our website at [www.sandi.net/food](http://www.sandi.net/food) and select the link: *pre-payment for meals*. You may also put cash or a check made payable to your child's school cafeteria in a sealed envelope. Be sure to write your child's name and teacher's name on the envelope. One envelope/check per child, please.

Check the *Free and Reduced Price Meal Application* for more information. **If you have any questions, please call (858) 627-7328.**



## Harvest of the Month for September—Mangos

The Harvest of the Month (HOM) program features a different fruit or vegetable each month in our Kid's Choice Café salad bars and in the KC News. Fruits and vegetables chosen are grown in the State of California and the program encourages students to include a variety of colorful fruits and vegetables in their meals every day.

More mangos are eaten fresh than any other fruit in the world. Why? Because they taste so good! It is nice that they are really good for you, too. There are over 1,000 varieties and the mango tree (an evergreen) can grow up to 60 feet high. The mango is a native of southern Asia and dates back over 4,000 years. They were introduced into the Santa Barbara region of California in 1880 and prefer hot dry sub-tropical southern California to more humid and wet weather. In California the commercial growing region is the Coachella Valley. Mangos are rich in vitamins A and C and high in fiber. They are also a good source of Vitamin B6 and E. The enzymes in mangos are similar to enzymes in papaya and act as a tenderizer and digestive aid.

Enjoy mangos on the salad bar on Tuesdays and for more information and recipes select the "Harvest of the Month" link at [www.sandi.net/food](http://www.sandi.net/food).

### How to Prepay for School Meals

\$\$\$ Breakfast: - \$ 1.00 - Lunch - \$2.00 \$\$\$

#### PREPAY BY CREDIT CARD

Prepay for meals by MasterCard, VISA or Discover Card using the PayPAMS meal payment system. Call 1-888-994-5100 (automated phone system) or visit our website at [www.sandi.net/food](http://www.sandi.net/food) and select the link *pre-payment for meals*, or [www.paypams.com](http://www.paypams.com). To set up an account you will need your child's student ID number.

#### PREPAY AT SCHOOL - CASH OR CHECK

Put cash or checks made payable to your child's school cafeteria account in a sealed envelope. Write your child's name, birth date and teacher's name on the envelope.



### School Meals are the Right Choice

SDUSD Food Services follows SHAPE California (Shaping Health as Partners in Education) guidelines for menu planning. These healthy eating guidelines are even more strict than those of the USDA. Meals are computer analyzed and provide 1/3 of the Recommended Daily Allowances (RDA). The SHAPE program insures that less than 30% of calories come from fat and that whole-grains, fresh fruits and vegetables are included in the meal. School meals are the healthy choice for every student.

### We are hiring!

The Food Services Team is expanding and needs YOU now!

- > Enjoy part time work near home
- > Enjoy working with school aged children

Starting Pay: \$9.65 an hour

Apply in person for this opportunity at the

Food Services Central Office  
6735 Gifford Way (Linda Vista)  
Call (858) 627- 7321



San Diego Unified School District  
Food Services Department  
[www.sandi.net/food](http://www.sandi.net/food)

**"Healthy Bodies, Healthy Minds"**