



CNS PARENT GUIDE 2021 - 2022

SAN MARCOS UNIFIED SCHOOL DISTRICT

NATIONAL SCHOOL LUNCH PROGRAM



Our lunch program offers a variety of hot and cold entrées, along with fresh fruit and vegetables. Lunch includes entrée of lean protein and whole grains, at least 2 servings of fruit, at least 2 servings of vegetables, and 1½ white or skim chocolate milk.



To start the school year, salad bars will be open and there will be the sale of à la carte items at secondary schools. We will be following district safety plan guidance.

Welcome back!

FREE BREAKFAST AND LUNCH

USDA has extended free breakfast and lunch to all SMUSD students through the 2021-2022 school year.



SCHOOL BREAKFAST

Breakfast service will be available to students daily before the school day starts. Increasing consumption of breakfast results in improving their readiness to learn. Breakfast includes entrée with whole grains and/or lean protein, fruit, 100% juice, and 1½ white or skim chocolate milk.



SCHOOLCAFE MENUS

SMUSD is going green! View our menus online by using the Yummy! app or visit Yummy!.com

you can:

- Find menu item images and descriptions
- View nutritional information
- Filter menu for specific food allergens
- Access carbohydrate counts



FEATURED NEW MENU ITEMS



strawberry & mango smoothie (made with real fruit)



del. Real Tostitos



white choco. Dream Shake



chicken 'n' Mac & Cheese

BRINGING A LUNCH FROM HOME?

Add a fruit, veggie, and milk for free!



If students prefer to bring their favorite lunch from home, they may still add a fruit, veggie, and milk from our serving line at no charge!

They must pick 3 to count as a free lunch!