



San Luis Coastal Unified School District
S.L.C.U.S.D. is an equal opportunity provider

available daily

Fresh Sandwiches
Burritos
Pizza (w/low-fat cheese)
Hamburgers (on whole wheat buns)
Daily Specials

Accompaniments

Fruit Juice, 4 oz.	\$0.25
Milk, 8 oz.	\$0.50
Soy Milk	\$1.25
Sport's Drink, 12 oz.	\$1.25
Water, unflavored, 1/2 liter	\$0.75
Chips, baked	\$1.00
Cookie, low-fat	\$0.50
Juice Bar or Fudgesicle	\$0.50
Italian Fruit Ice	\$1.00
Pretzel, Soft, Large	\$1.00

Did you know? All food sold on school campuses is required to meet strict nutrition standards. Snacks may not contain more than 35% of calories from fat and no more than 35% of weight from sugar. Trans fats are not allowed! Beverages are limited to milk, water, fruit juice and sport's drinks.

**EAT BETTER.
 PLAY HARDER.
 LIVE HEALTHIER.
 LEARN EASIER.**

WELLNESS IS A WAY OF LIFE!

We are dedicated to promoting the health of our students. We focus on fresh fruits and vegetables, whole grains and low-fat dairy products.

Healthy Meals

It's what's for lunch...

- Choice of entrée (fresh sandwiches, pizza, burritos, hamburgers, and much more)
- Salad Bar (assortment of fresh vegetables and fruit and grains)
- Choice of milk (1% white or chocolate non-fat)

All for \$2.50
 (\$2.25 with a \$45.00 prepayment)
 Available at a reduced price of \$0.40 or free, if qualified


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Breakfast too!

- Choice of entrée
- Fruit Juice or Fresh Fruit
- Choice of milk

All for \$1.50
 Available at a reduced price of \$0.30 or free, if qualified

Free and Reduced Price Meal Eligibility
 Eligibility for free and reduced price meals must be re-established each school year. The last day to receive meals based upon last years eligibility is **October 8.**


[Use a credit card to pay for meals on line!](http://www.ezschoollpay.com)
 Go to www.ezschoollpay.com and follow the directions. A \$3.25 convenience fee is charged for this service. You will need the student's 6-digit number and the school's zip code. If you need assistance, call the Food Service Office at 596-4064.