

SMART SNACKS

All snack items sold to students during break and lunch (middle school & high school only) must meet specific nutrition standards. Regulations are as follows:

 **Low Fat** (less than 35% of calories)

 **Low in Saturated Fat** (less than 10% of calories)

 **Low Sugar** (less than 35% by weight)



Whole Fruit



100% Fruit Smoothies



Whole Grain Crackers, Chips & Cookies



Low Sugar Granola Bars



Yogurt Parfait



Child Nutrition Services
Coronado Unified School District

Contact Us

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WHY EAT SCHOOL LUNCH?



CUSD
Child Nutrition Services

A Guide for Parents and Students on the Coronado Child Nutrition Program

This institution is an equal opportunity provider.

NATIONAL SCHOOL LUNCH PROGRAM

CUSD adheres to the strict guidelines set forth by the National School Lunch Program (NSLP) and often exceeds these requirements.

Based on the NSLP, students must be offered the following each day:



Whole Grains

All items 51% whole grain or greater for adequate fiber



Lean Proteins

Chicken breast, 100% beef, beans, low-fat cheese & yogurt



3/4 cup veggies

Vegetables from each color group offered every week



1 cup fruit

Whole fresh fruit, dried fruits, 100% juice



Milk

1% white milk & fat free chocolate milk (reduced sugar & contains no HFCS)

SALAD BAR



Students are offered a full salad bar each day with lunch. They can pick from a variety of fruit and vegetables from different color groups. Color relates directly to nutrition and ensures that students receive all of the vitamins and minerals that they need. Students are encouraged to come back for more fruits and vegetables if they are still hungry after eating their lunch.



RED for heart health

ORANGE for boosting immunity

YELLOW for eye health & growth

GREEN for strong bones & teeth

BLUE/PURPLE for memory

WHITE for fighting cancer

Child Nutrition Services feels students are better able to connect with their food by knowing where it comes from.



FARM TO SCHOOL PROGRAM

Every two weeks, fresh produce is delivered from local, small family-owned farms. The fruit is picked on Monday and “straight to the plate” on Thursday and Friday.

Students are able to try fresh fruits such as red pears, plums, pluots, watermelon, peaches, nectarines, persimmons and more!