



San Diego Unified School District

Fact Sheet

Food Services

The Food Services Department provides over 110,000 meals and snacks daily to students and staff throughout the district. Innovative new programs in both elementary and secondary schools mark major changes in the focus of food service operations. Offering healthy choices to students is at the heart of these changes.

The new Kid's Choice Café Program was completed in May 2004 in all 130 elementary schools. Kid's Choice Café offers four entrée choices and includes a salad bar where students can select from an array of fruits, vegetables and healthy toppings every day. The award winning program encourages students to eat at school more consistently and helps to guide them toward healthier food choices. The cost for an elementary school lunch is \$1.25.

Students are encouraged to eat breakfast every day to give them the opportunity to come to class adequately prepared for learning. Kid's Choice Café breakfasts offer three entrée choices including yogurt and a variety of non-sweetened cereals. The bright red, kid-sized salad bars are also used to serve a variety of fruits and other breakfast favorites. The result of the Kid's Choice Café implementation is that many more students are eating school breakfast and lunch since the program began. Breakfast is also offered in secondary schools. The cost for an elementary or secondary school breakfast is \$0.50.

Students in middle and high schools have a wide variety of menu choices in their Campus Cafés/Power up Cafes. Complete, nutritious lunches are available for \$1.75. Specialty carts also offer a la carte favorites such as hamburgers, Mexican food and pizza, as well as salads, sandwiches and soups. Fourteen secondary schools have salad bars and new menus in their Power Up Cafes.

The San Diego Unified School District provides free and reduced-priced meals to those students whose family income qualifies them according to United States Department of Agriculture (USDA) guidelines. More than half the district's students are eligible for free or reduced-priced helps to guide them toward healthier food choices. Applications are sent to parents at the beginning of each school year and are available at the school office throughout the school year.

The SDUSD Food Services Department believes that healthy bodies make healthy minds. All menus are written by a registered dietitian using computer analysis to ensure that balanced, nutritious meals are offered to every student every day.

SUMMARY

- ❖ 55.5% of San Diego Unified School District students qualify for free or reduced-price meals
- ❖ Each day, SDUSD Food Services prepares and serves on average:
- ❖ 25,000 breakfasts
- ❖ 72,000 lunches
- ❖ 12,200 snacks

Contact Information: Food Services: (858)-627-7301

www.sandi.net
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