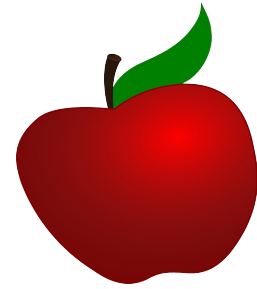


Nutrition and Wellness



TTUSD Wellness Policy: Please send only nutritious food to school. Every 1st -5th classroom has snack time before lunch and kindergartners eat lunch in their classrooms. Our Nutrition Coalition provides monthly “Harvest of the Month” tastings to help students expand preferences. Classroom celebrations also provide an ideal opportunity for children to expand their taste preferences. Birthdays may be celebrated classroom with non-food items or nutritious foods only. We are shaping life-long habits of good nutrition and daily physical activity.

their food
in the

Teachers and staff will not use candy or unhealthy foods to reinforce or reward behavior. Only one non-nutritious food or beverage will be per classroom celebration.

allowed

Our school Cafeteria offers nutritious well-balanced breakfast and lunch for ALL students.

The role of the Food and Nutrition Services Department is to provide nutritious, well-balanced meals for your child, enhancing his or her ability to learn. School lunch provides $\frac{1}{3}$ of your child’s recommended daily minimum requirements. Menus are available on our website www.ttusd.org under “Food Services.” (530) 582-2528.

Ways to buy meals

- Go to www.MySchoolBucks.com and register for an account.
- You will receive a confirmation email with a link to activate your account.
- Add your students using their school name and student ID.
- Purchase your student meals with your credit/debit card or electronic check.
- A program fee may apply. You will have the opportunity to review any fees and cancel if you choose, before you are charged.
- If you have any questions, contact MySchoolBucks directly: parentsupport@myschoolbucks.com 1.855.832.5226.
- Visit myschoolbucks.com and click on Help/FAQ’s.

For Free & Reduced Students

- TTUSD has a Free and Reduced Meal program that is mandated by the federal government. In order to qualify for free or reduced meal prices you MUST fill out an application and meet the federal guidelines. Once you qualify, your student will continue to receive meal benefits for the duration of the school year. You MUST reapply each school year. There are many ways to get an application.
- Go to ttusd.com, click on Food & Nutrition Services under the Department pull down menu. You will see a green button with ‘Apply for Free and Reduced-Cost Meals’. Click on there and complete the application.
- Contact the Food Services office at 530.582.2529 and we can schedule a time for you to come in and fill one out.
- Come to one of our Application Processing Workshops in August at various school sites in August of each school year.

Elementary Breakfast \$1.75 Elementary Lunch \$3.25