Safety Update

Board of Education Meeting July 15, 2026



Bullying

Online Bullying FAQs

Online bullying is a serious concern for parents in the digital age. This FAQ guide addresses the unique challenges of online bullying and its impact on your child's wellbeing.

Most Recent

See all



Screen time

Do my kids need screen time rules for school...



Screen time

How to set screen time boundaries for teenagers...

Social media

Reddit

Gaming

Roblox

Reviews

See all

Social Media

YouTube

Our Age Rating: 13+

Social Media

Snapchat

Our Age Rating: 16+

Social Media

Discord

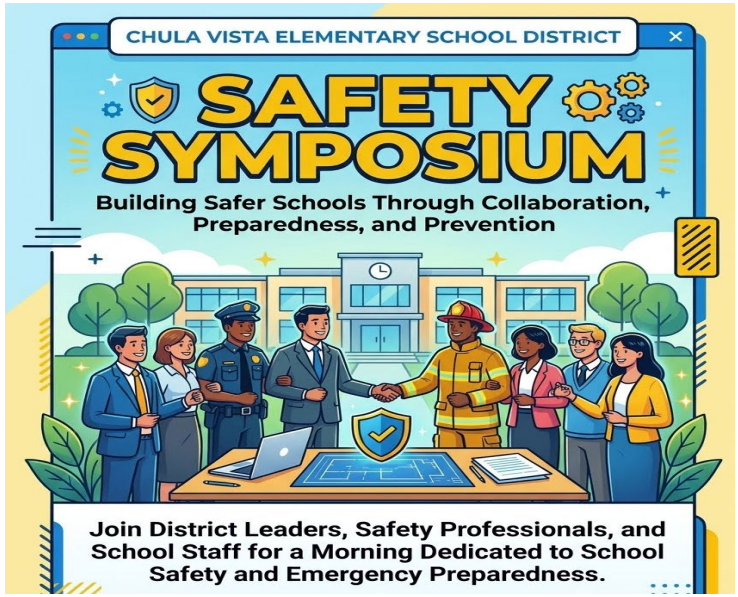
Our Age Rating: 17+

Gaming

Roblox

Our Age Rating: 12+




CHULA VISTA ELEMENTARY SCHOOL DISTRICT
SAFETY SYMPOSIUM
Building Safer Schools Through Collaboration, Preparedness, and Prevention
Join District Leaders, Safety Professionals, and School Staff for a Morning Dedicated to School Safety and Emergency Preparedness.




Incident Notification and Escalation Procedures


Agenda





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CVESD School Meals:
Supporting Health & Academic Success



Daily Meal Service – CVESD



- 7,500 breakfasts served daily (25%)
- 21,000 lunches served daily (75%)
- Every meal provided at no cost to students under California's Universal Meals Program

USDA Guidelines & Nutrition Standards

- To receive funding meals are required to follow the USDA's National School Lunch Program (NSLP) and School Breakfast Program (SBP) Standards.
- Programs based on the Dietary Guidelines for Americans
  - Promote healthy eating habits
  - Reduce the risk of chronic diseases

CVESD exceeds all USDA Guidelines

- Lower sodium than required
- Lower added sugar than required
- More whole grains
- Extra servings of fruits and vegetables

NATIONAL SCHOOL LUNCH

SCHOOL BREAKFAST PROGRAMS

JULY/AUGUST MENU

CHULA VISTA ELEMENTARY SCHOOL DISTRICT

FREE MEALS FOR ALL: ALL STUDENTS WILL CONTINUE TO RECEIVE A FREE BREAKFAST AND A FREE LUNCH ALL YEAR!

Breakfast

Students may choose 1% or nonfat white milk at breakfast.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pan Dulce	Mini Bagels with Cinnamon Cream Chz	Breakfast Bites	Mini Blueberry Waffle	French Toast Sticks
Ham & Cheese Croissant	Maple Chicken Sandwich	Egg & Cheese Chorizo Burrito	Breakfast Pizza Bagel	Chobani Greek Yogurt w/ Granola Bar
Assorted Cereal	Assorted Cereal	Assorted Cereal	Assorted Cereal	Assorted Cereal

Lunch

Students may choose 1% white milk or nonfat chocolate milk at lunch.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pepperoni Pizza	Boneless Wings & Garlic Breadstick	Galaxy Cheese Pizza	Orange Chicken & Rice	Chicken Tenders
Chicken Tamale	Cheeseburger	Penne Alfredo	Chili Hot Dog	Pork Carnitas Tacos
Grilled Cheese	Potato & Cheese Taquitos	Italian Sub Sandwich	Yogurt Parfait & String Cheese	Bean & Cheese Pupusa
Protein Pack	Bistro Box	Protein Pack	Bistro Box	Protein Pack



SALAD BAR

A variety of fruits and vegetables are offered each week:

Fresh: apple slices, grapes, nectarines, peaches, pears, pluots, watermelon, carrots, cherry tomatoes, cucumber, edamame, jicama, lettuce, spinach, sweet peppers, tomatoes, salad mix, spinach & sugar snap peas

Salads: black bean salad, elote corn salad, jicama salad, sesame ginger edamame salad, potato salad

Canned: corn, applesauce cups

Dried: raisins, craisins **Frozen**: fruit juice sidekicks, peach pops

Menus subject to change. This institution is an equal opportunity provider.

What are students eating?

- Lunch
  - 4 entrée options available daily
  - At least 2 hot entrée options each day, with 3 offered most days
  - 1-2 vegetarian options daily
- Fresh Preparation
  - On-site meal preparation ensures maximum freshness, quality, and minimal holding time.
- Students Favorite
  - Orange Chicken



NSLP Lunch Requirements

5 Meal Components Required at Lunch:

- Fruit (½ cup)
- Vegetable (¾ cup with subgroup requirement)
- Meat/Meat Alternate (1-2 oz equivalent)
- Grain (80% of items must be **whole grain**, 1-2 oz equivalent)
- Milk (8 oz) 2 choices

Reimbursable Meal Requirements:

- A student **must** take at least **3 of the 5 components**
- Students may decline up to 2 components
- One of the selected components **must** be at least ½ cup of fruit or vegetable
- Known as **Offer vs Serve**. Students only take what they want to eat. Used to minimize waste.



Fruits & Vegetables Highlight



- 3 fruit options at breakfast & lunch daily
- 4 vegetables options at lunch daily
- Rotate seasonally
- This month seasonal fruit highlights will be: watermelon, nectarines, peaches, & pluots

Fun Fact: we serve over 10,000 pounds of watermelon a day!



NSLP Lunch Requirements

Nutritional Standards (Average Over Week)

- **Calories (K–8):** 550–600 kcal
- **Sodium:**
  - Current: <1,110 mg
  - By 2027: <935 mg
- **Saturated Fat:** <10% of total calories

SBP Breakfast Requirements

Required 4 items under 3 Components (Grades K–12):

- **Fruits**: Must offer at least 1 cup daily. Vegetables may substitute for fruits in certain situations.
- **Grains**: Minimum of 1 ounce daily. At least 80% of grains must be whole grain-rich. Meats/meat alternates can substitute for grains.
- **Milk**: (8 oz) 2 choices, unflavored fat-free or low-fat (1%). (**No chocolate per Wellness Policy)**



Reimbursable Meal Requirements

- A student **must** take at least **3 of the 4 items offered**
- One of the selected components **must** be at least ½ cup of fruit or vegetable

SBP Breakfast Requirements

Nutritional Standards (Average Over Week)

- **Calories (K–8):** 400–500 kcal
- **Sodium:**
  - Current: <540 mg
  - By 2027: <485 mg
- **Saturated Fat:** <10% of total calories
- **Added Sugar:**
  - Limits for yogurt, cereal, and milk
  - By 2027: less than 10% of calories from added sugar

School Foods vs Retail Foods:



Per 1 oz serving
Calories: 110
Added Sugar: **7g**
Fiber: 2.6g
Protein: 2.6g
Made with whole grain
Not complaint for school sugar limit



Per 1 oz serving
Calories: 100
Added Sugar: **6g**
Fiber: 3g
Protein: 2g
Made with whole grain



Per 1 oz serving
Calories: 110
Added Sugar: **6g**
Fiber: 3g
Protein: 2g
Made with whole grain

They're nutritionally almost the same, despite the first two being marketed as 'healthier' options.

CVESD Goes Beyond Compliance

- 5 Registered Dietitians on staff responsible for:
  - Menu planning
  - Nutritional analysis
  - Regulatory compliance
- District exceeds USDA standards
  - Lower sodium than required
  - Lower added sugar than required
  - More whole grains
  - Extra servings of fruits and vegetables



Chef Program



- 6 Chef Culinary Supervisors on staff
- Day with the Chef program – bringing culinary expertise directly to students
  - Daily rotation across school sites to keep menus fresh and engaging
  - Fresh, high quality meals every day
    - Breakfast entrée, lunch entrée, fresh side option (such as salads)
- Items are:
  - Fresh daily
  - Made from scratch
  - Carefully sourced and evaluated

Why School Meals Matter

- School meals are a major source of daily nutrition
- School breakfast and lunch provide ~47% of daily calories
- Contribute up to:
  - 41% of daily vegetable intake
  - 77% of daily milk intake
- School meals are often the healthiest meals of the day



Key Takeaways

- CVESD school meals exceed USDA nutrition standards and are continuously updated and monitored by Registered Dietitians
- Chefs cooking fresh scratch items daily
- Added sugar is limited and regulated
- CVESD is committed to continuous improvement through menu review and feedback
- CNS partners to support healthy, ready to learn students

Questions?

