



## Elk Grove Unified School District Food & Nutrition Services Department

Welcomes you to the 2021 - 2022 school year!

### DID YOU KNOW?

Many families may qualify for additional discounts if they are eligible for the Free or Reduced Meal Program. The District offers free bus passes for service eligible bus riders and students interested in completing Advanced Placement (AP) exams may be eligible to have test fees waived. Also, many utility companies, WiFi providers and children's programs offer discounted services to families who can provide documentation of eligibility. Apply today to see if your family qualifies.

### Apply On-Line

@egusdschoolmeals.com  
for faster eligibility notification!

Paper application processing time can be as long as 7-10 days, the sooner you complete and return your application the sooner you will receive your eligibility notification.

## IMPORTANT INFORMATION ...

- ✓ **Free Meals for All** - Under a waiver, provided by the United States Department of Agriculture (USDA), Elk Grove USD Food & Nutrition Services is able to provide meals, free of charge, to all enrolled students. Enrolled students are eligible to receive breakfast and lunch for free.
- ✓ **Nutritious & Delicious** - School meals are nutritious and delicious. Food & Nutrition Services professionals create menus that are kid approved and meet the nutrition standards set by the USDA. Fresh fruits & vegetables, whole grains, lean proteins and dairy make up a meal that fuels your student for learning and promotes healthy habits for lifelong good nutrition.
- ✓ **Menu Choices** - It is not nutrition unless it is eaten. The Food & Nutrition Services team understands that students have different food preferences and menus are built to provide popular entrée choices, meat and non-meat options as well as varied cultural flavor profiles. Students are offered a variety of meal options daily but are only required to take three items to create a free meal.



Did you know that

# BREAKFAST

is available every morning at all  
of our school sites?

### MySchoolBucks

For children who want to purchase a la carte items, like water, juice, milk, or a second meal, parents can place money on their child's account. For an easy and convenient way to manage your child's meal account visit [www.MySchoolBucks.com](http://www.MySchoolBucks.com)

**ONE (1) meal application per household, all individuals living in the house are to be included.**

**\*Information provided will not be shared with outside agencies.**

**If you have questions regarding the meal application,**

**Please call Food & Nutrition Services at**

**916-686-7735 X78088**