

The Charter School of SAN DIEGO

2021-22 School Nutrition Guide

The School Nutrition Program plays an essential role in ensuring that our students have adequate nutrition during their time at a resource center. Our school provides all students with a FREE nutritionally adequate meal, as defined by the USDA. This is available to every student, each school day. Students are allowed to take meals as they please.

All of our resource centers are stocked with meal options that are maintained by the teachers. One teacher at each resource center is responsible for keeping the items listed consistently stocked. The teachers utilize a predefined list of items that include our preferred vendor's serial numbers. This ensures that only items that are within USDA nutrition guidelines are ordered.

Our Nutrition Program staff has selected a variety of items that include gluten free, nut free and vegan options that fall into at least one of the categories below.

- **Fruit:** One quarter-cup of dried fruit equals ½ cup of fruit, or 1/2 cup of fruit in a container, or ½ cup of cooked vegetable, or 1 cup of a raw vegetable.
- **Juice or Milk:** All juice must be 100% full-strength. Milk must be 2% or less.
- **Vegetable:** This may be substituted for a fruit, but two cups per week must be from the dark green, red/orange, or legumes (beans /peas) or the "Other vegetables" subgroup, as defined in 210.10(c)(2)(iii).
- **Whole Grains:** All grains must be whole grain-rich.

Consistently Stocked Items (V-Vegan, GF-Gluten Free, NF-Nut Free)

Milk/Juice

- Horizon Organic Low-Fat Milk, 1%
- Capri Sun® 100% Juice
- Honest Kids Organic Juice Drink Variety Pack

Fruit and Vegetable Options

- Stretch Island Leather Fruit Snacks- V, GF, NF
- Apple Fruit Crisps - V, GF, NF
- GoGo SqueeZ Fruit and VeggieZ Pouch – V, GF, NF

Whole Grain Options

- Kashi - Chocolate Chip Chia Bar - V
- KIND Healthy Grains Bars, Dark Chocolate Chunk- GF

- Nature Valley Sweet & Salty Nut Granola Bars
- Natures Bakery Raspberry Fig Grain Bar- V, GF, NF
- Whole Grain Gold Fish
- Angie's BOOMCHICKAPOP Sea Salt Pop Corn- V, GF, NF

Additional Items

- Snyder's Gluten Free Pretzel Snack Packs- V, GF, NF
- Welch's Fruit Snacks V, GF, NF

In addition to the free meals provided to students, we also partner with The San Diego Foodbank in order to stock food pantries that allow our students to take food home. We are proud to offer this additional option to ensure no student goes hungry, even when they're away from our school.