

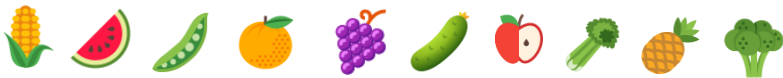
# Welcome to



# Kindergarten

## On-line Menu

Download My School Menus App to view menus on-line or view on a desktop at [www.dvUSD.org/nutrition](http://www.dvUSD.org/nutrition) and click on Our Menus. On-line menus show allergens and nutrition information for menu items.



## MANAGE YOUR STUDENT'S MEAL ACCOUNT



Put limits on your student's account. Contact your [Cafeteria Manager](#).



Apply for free and reduced-price meals. [WWW.EZMealApp.com](http://WWW.EZMealApp.com)



Add money to meal account and view account activity. [WWW.EZSchoolPay.com](http://WWW.EZSchoolPay.com)

This institution is an equal opportunity provider.

## DVUSD SCHOOL LUNCH ROCKS



All meals include a fruit of the day.



Every lunch meal features a vegetable choice. We offer different vegetables each day to represent all the subgroups each week.



Students may select from fat-free or 1% plain milk or fat-free chocolate milk.



All our foods are free from trans fats and low in sodium, total fat and saturated fat to support a healthy heart.



We support healthy sodium intake by offering reduced sodium versions of favorite foods.



We use local farm-raised ingredients when possible.



We offer vegetarian entrees daily. View the on-line menu to see options.



All school meals follow the MyPlate healthy eating pattern.

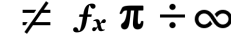
## KIDS WHO EAT BREAKFAST AT SCHOOL...

MISS LESS SCHOOL



They attend an average of 1.5 more days per year.

DO BETTER IN MATH



They average 17.5% higher on math test scores.

VISIT THE NURSE LESS



They have 6% fewer visits to the school nurse.

MORE CLASSROOM TIME



HIGHER MATH SCORES =

20%

more likely to graduate high school



## ALL BREAKFASTS INCLUDE...



Fruit & 100% fruit juice



Local white milk



Whole grain rich entrees

## JOIN US FOR BREAKFAST IN THE CAFETERIA



Save time and money. Free and reduced meal status applies to breakfast too!