

# Nutrition Services

## VVSD STAFF!!!

Join us for Breakfast and Lunch every school day.

Did you know VVSD Staff can set-up an on-line meal account quickly and easily pay with a credit card, check your balance and set-up auto pay?

Simply e-mail your Nutrition Services Kitchen Manager to set-up the account!

Menus, Nutrition & Allergen Information and on-line payments are all available on the VVSD app or at:

### Adult Meal Pricing

Breakfast - \$2.25 all sites

Lunch - Elementary \$3.00  
Middle \$3.50  
High \$3.75

### VVSD School Meals include:

- √ < 30% Fat and < 10% Saturated Fat
- √ ZERO trans fats
- √ Only low-fat or fat-free milk
- √ All grain products are at least 51% whole grain
- √ A variety of fruits & vegetables are offered every day
- √ A choice of multiple daily entrées
- √ Vegetarian options daily

### Combo Meals are the best deal & include 5 components:

- 1) lean meat/meat alternate
- 2) whole grains
- 3) fruits
- 4) vegetables
- 5) milk

### Choose a minimum of 3 components.

Include a fruit or vegetable to receive meal pricing (rather than a la carte).

Combo meals include up to 2 fruits and 2 vegetables



VVSD  
Nutrition Services  
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WWW.VVSD.ORG/FOOD

Why do adults pay \$1.00 more than student meal prices?

Federal regulations require the District to charge more for adult meals in order to cover the reimbursement of state and federal subsidies.

Visit us at:

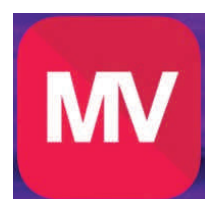
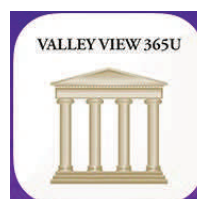
[www.vvsd.org/food](http://www.vvsd.org/food) or download the VVSD app and look for our department logo.

Questions?

Contact your Kitchen Manager

See Page 2 for Info about Staff Accounts MySchoolBucks, and more...

Check out these apps in the app store!



Click on the app's logo to go to its website.