



# Smart Snacks

Middle and High School ONLY

**All snack items sold to students during break and lunch meet specific nutrition standards.**



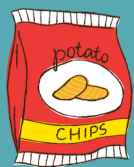
**Low Fat**  
(less than 35% of total calories)



**Low in Saturated Fat**  
(less than 10% of total calories)



**Low in Sugar**  
(less than 35% of total calories)



Baked Chips



Fresh & Dried Fruit



Milk



Yogurt Parfait



Granola Bars



100% Fruit Juice



Whole Grain Crackers

# CHILD NUTRITION SERVICES

## CORONADO UNIFIED SCHOOL DISTRICT



### Contact Us



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# Why Eat School Meals

An informational guide on the Coronado Child Nutrition Services Department for parents & students



This institution is an equal opportunity provider.

# National School lunch & Breakfast Program

Coronado Unified School District complies with strict nutrition guidelines pertaining to the National School Breakfast and Lunch Program set forth by the United States Department of Agriculture.

Based on the federal nutrition regulations, students must be offered the following food components each day:

## Whole Grains

Grains served are whole grain rich to provide adequate fiber.

## Lean Proteins

100% chicken and beef products with no fillers, beans/legumes, and low-fat dairy products offered daily.

## Vegetable Assortment

Vegetables from each color group are offered weekly.

## Fruit Assortment

Whole fresh fruit, dried fruit, and 100% fruit juice (MS & HS only) are offered daily.

## Milk

Unflavored white milk, and nonfat chocolate milk free of HFCS are offered daily.



## Salad Bars

Students are offered an unlimited salad bar each day for breakfast and lunch. With **over 80% organic and California-grown produce**, they can pick from a variety of fruits and vegetables from different color groups. Color relates directly to nutrition and ensures that students receive all of the vitamins and minerals that they need. Students are encouraged to come back for more fruits and vegetables if they are still hungry after consuming their meal.



**RED** for heart health

**ORANGE** for boosting immunity

**YELLOW** for eye health & growth

**GREEN** for strong bones & teeth

**BLUE/PURPLE** for memory

**WHITE** for fighting cancer



**Farm Fresh,  
Local, &  
Organic  
Produce**

We understand the importance of providing high quality produce to our students, while simultaneously supporting our local farmers. As a result, we continue to partner with and expand our farm to school programs and initiatives.



Our farm to school programs aim to expose our students to a variety of seasonal local, and organic produce such as finger limes, passion fruit, blood oranges, dragon fruit persimmons, and much more!

