

## Welcome to School 2022-2023

Dear Bishop Unified School District families,

We look forward to welcoming your children to the cafeteria this fall. To find out more about Bishop Unified School District's healthy school meals go to the District website at [www.bishopschools.org](http://www.bishopschools.org) and navigate to the Child Nutrition link. There you will find a link to the Free and Reduced Meal Application along with menus and additional information. **All meals will remain FREE during the 2022-23 school year, regardless of financial status.** However, we urge you to complete the application in order to take advantage of the additional benefits it offers. These include additional school funding which helps us serve your children high quality food, discounted rates on home internet access, reduced registration fees for academic tests and eligibility determination for accessing P-EBT benefits.

This fall, the cafeteria continues to meet federal nutrition standards for school meals, ensuring that meals are healthy and well balanced, providing students with the nutrition they need to succeed. Now is a great time to encourage your kids to choose school lunch!

School meals offer students milk, fresh fruits and vegetables, proteins and grains, and must meet strict limits on saturated fat and portion size. Students are required to take a fruit or vegetable at lunch as part of their meal. They must take a fruit/juice as one of the components at breakfast, too. We offer:

- A variety of fresh vegetable and fruit servings
- Milk choices, whole grains, reduced sodium and smart choices in snacks
- Age-appropriate calorie limits

Breakfast is available at Bishop Union High School for grades 9-12 at the Bronco Café and at the BAC (Bishop Activity Center) for grades K-8 starting at 7:30 a.m.

School meals can be a huge convenience for busy families and we hope you take advantage of what our cafeteria has to offer. Please contact the Food Services Department at (760) 872-4704 with any questions you may have.

Thank you!

Bob Nielsen  
Food Services Director