

Superintendent
Merrill M. Grant, Ed.D.



Governing Board
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“Education is Power”

Dear Parents and Students,

Welcome to the Fall River Joint Unified School District 2022-2023 school year! I hope you and your family had a wonderful summer break! Our food service department is looking forward to seeing the happy faces of our returning students and meeting those students new to our District as well!

All of our school sites are participating in the Community Eligibility Provision. This means that all of our students are entitled to a **“free” breakfast and lunch.**

Each day for breakfast, students are offered an entrée of the day, a fruit option and milk. Students are required to take the entrée of the day, a 1/2 cup serving of fruit (which can be 100% whole fruit juice) and milk.

For lunch, students are offered each of the 5 food group components, meat or meat alternate, grain, vegetable, fruit and milk. Students are required to take 3 out of the 5 components and one of those components must be a 1/2 cup of fruit or vegetable. Most of our lunch entrées contain the meat and grain component. Students may take up to all five of the components should they choose to do so. We encourage our students, who may happen to bring in a home lunch, to supplement their lunch with 3 components from the cafeteria such as milk, a serving of vegetable/and or grain and a fruit. This prevents parents for having to pay the .50 cents for a milk—which is a great deal!! We also encourage our students at the elementary schools to take advantage of the share refrigerator; milk and other food items are often available for students to enjoy. Students who learn to make healthy choices at a young age continue making those same healthy choices for a lifetime! For more information on the My Plate Campaign, please visit www.choosemyplate.gov.

Thank you for helping to encourage your children and our students to make healthy choices! If you have any questions, concerns or suggestions, please feel free to contact me at any time.

Kindest Regards,

Patty Betz
Food Service Director
Phone: 530-336-5570