

CHECK OUT OUR MENU!

The Food Services department is pleased to introduce a new, interactive online menu. Online menus for all grade levels are available on the Food Services website at www.pvpusdschoolnutrition.net. You can also access the page from the district's website under Parents & Students: Lunch Program or from your school's website.

Simply hover over any menu feature view the nutrition facts and allergen content for the eight most common allergens.

You can also filter menu items by allergen(s) under the "Special Meal Accommodations" dropdown.

The online menu has information for all main features, alternates, and salad bar items.



We hope you check it out today!

NUTRITION TIP

With the holidays quickly approaching, we can all expect a packed calendar and plenty of food-filled gatherings! This is the perfect time of year to practice mindful eating.

Mindful eating, also known as intuitive eating, focuses on hunger cues to nourish your body before you are starving and to finish a meal before you are stuffed. The technique encourages us to also eat slowly and be present.

Mindful eating helps us focus on truly enjoying mealtimes with family and friends, which is what the season is all about!

MENU FEATURE: CREAMY MAC & CHEESE

We serve Land O' Lakes Macaroni & Cheese for this popular feature. The recipe includes whole grain elbow pasta in a cheesy bechamel sauce. And while the cheese sauce is reduced-fat and reduced-sodium, it still passes the kid taste test with flying colors!



MEET THE FARMER

Behind the Salad Bar

We source all the produce on our fresh salad bars seasonally and locally.

In the summer, we are proud to serve beautiful strawberries, blueberries, peaches, plums, and melons. As winter approaches, citrus comes into season and we start featuring Mandarin oranges and tangerine varieties.

The primary supplier of our oranges is Booth Ranches in Orange Cove, California. In 1957, Otis Booth Jr. Inherited his first 40 acres of navel oranges. Today his legacy continues with his daughter and company president, Loren Booth. Booth Ranches now farms 7,500 acres of citrus throughout California's Central Valley and all fruit is handpicked to order!

We hope your student enjoys the fresh produce on the salad bar as much as we love serving it!

MEAL ACCOUNTS

Add funds to your student's account with an online payment today! Simply visit Titan School Solutions via the Aeries Parent Portal.

Did you know you can also monitor your student's transactions in Titan?