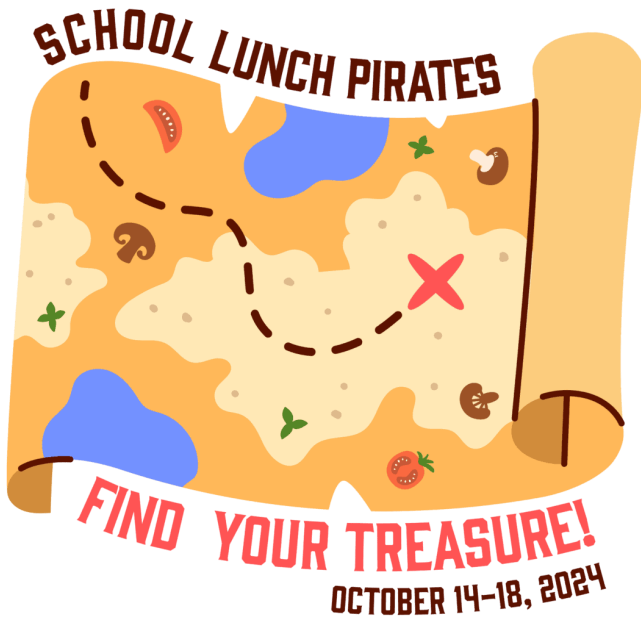


YCUSD NUTRITION SERVICES NEWSLETTER

SEPTEMBER 2024

2024 NATIONAL SCHOOL LUNCH WEEK



[view our menu](#)

SEPTEMBER PANCAKE BREAKFAST

This month's School Wide Pancake Breakfasts will take place at the sites listed below.

Thursday, September 5th April Lane

Thursday, September 12th Lincrest School

Thursday, September 19th Park Avenue

Thursday, September 26th King Avenue



REIMBURSABLE MEALS

WHAT MAKES A BREAKFAST?

SELECT 3-4 ITEMS

Main Item	Grain	Milk	Fruit	Juice
I count as 2	I count as 2	I count as 1	I count as 1	I count as 1



1 MUST BE A FRUIT OR JUICE



WHAT MAKES A LUNCH?

SELECT 3-5 ITEMS

Grain	Protein	Milk	Veggies	Fruit
I count as 1	I count as 1	I count as 1	I count as 1	I count as 1
Main Item Counts as 2			1 Item must be a 1/2 Cup of Fruit or Veggie	

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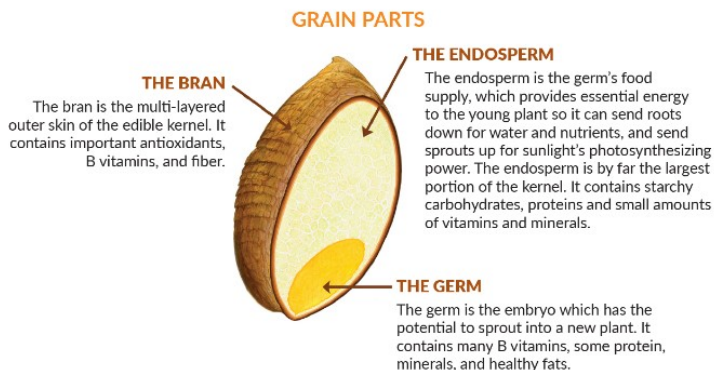
SEPTEMBER 2024



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WHAT IS A WHOLE GRAIN?



Healthy Fundraiser Ideas

Items You Can Sell

- Candles
- Cups & mugs
- Crafts
- Coupon books
- Emergency kits for cars
- First aid kits
- Flowers and bulbs
- Foot warmers
- Football seats
- Gift wrap, bags & boxes
- Greeting cards
- Holiday ornaments
- House decorations
- Jewelry
- License plate holders
- Magazine subscriptions
- Mistletoe
- Plants
- Raffle donations
- Scarves
- School art drawings
- School frisbees
- Souvenir cups
- Spirit/seasonal flags
- Stationery
- Student directories
- Stuffed animals
- Temporary/henna tattoos
- Valentine flowers
- Yearbook covers

Things You Can Do

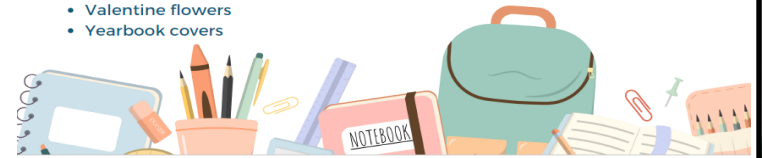
- Walk, Jog, or Bike-A-Thon
- Bowling night/Bowl-A-Thon
- Car Wash
- Carnivals or Festivals
- Dances
- Fun runs
- Gift wrapping
- Golf tournament
- Jump-Rope-A-Thon
- Magic show
- Raffle (movie passes, theme bags)
- Recycling cans/bottles/paper
- Singing telegrams
- Skate night/Skate-A-Thon
- Talent shows
- Treasure/scavenger hunt

Sell Custom Merchandise

- Bumper stickers/decals
- Buttons & Pins
- Calendars
- Cookbook made by school
- T-shirts/sweatshirts/school spirit gear

Items Supporting Academics

- Read-A-Thon
- Science Fair
- Spelling Bee



September 3rd — Agnes Adkins

September 3rd — Kayla Vargas

September 3rd — Stephanie Benton

September 4th — Ann Waid

September 8th — Jennifer Stevens

September 10th — Hiromi Snider

September 14th — Seon Jack

September 14th — Ofelia Ornelas

September 17th — Ana Moreno

September 22nd — Melissa Penning

September 24th — Casey Bailey

September 28th — Lisa Harris