

FREE STUDENT MEALS



All MCSD students eat breakfast and lunch for FREE under California's Universal Meal Program, regardless of income eligibility. Department information can be found on our [Nutrition Services website](#).

Wellness Policy

The school wellness policy helps our District create an action plan for nutrition and physical activity at school. Parents can join the Wellness Policy Committee. Visit our [Pupil Services website](#) for our policy.

Students must take 3 items at breakfast and lunch: 2 food items plus 1/2 cup of fruit or vegetable.

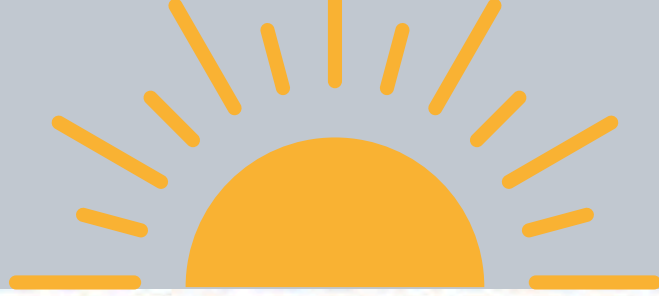


Meal Program



SMART SNACKS

The Smart Snacks in School nutrition standards apply to all foods and beverages sold to students outside of the school meals programs – including vending machines, a la carte, school stores, snack carts and in-school fundraising. Visit our [website](#) for a list of approved snacks.



Breakfast is served here!

Rise and shine and get ready to dine... with us! Did you know that we serve breakfast daily at all of our schools?



Fun Fact!

Students who eat breakfast closer to class and test-taking time perform better on standardized tests.

This institution is an equal opportunity provider.

