

Parent Resources/Education

Tony Orozco will be hosting TWO virtual Zoom Meetings in response to COVID 19

First Topic: Monday, April 20th at 4pm:

How to manage school stress and anxiety in our children and teens during quarantine

- Processing mom and dad's emotions, how are we doing?
- How to decode children's behavior
- How to deal with stress, anxiety and depression.

Join Zoom Meeting

<https://zoom.us/j/98399355370> (https://linkprotect.cudasvc.com/url?a=https%3a%2f%2fwww.google.com%2furl%3fq%3dhttps%3a%2f%2fzoom.us%2fj%2f98399355370%26sa%3dD%26usd%3d2%26usg%3dAOvVaw0oD67-w1JWyzMlaKHxOZyh&c=E,1,Qb8xvrCdBb8CyPON_DoWrJWGi-yiHOVY9EFoLvJKPpwuwgTEdzeO1_hcTevkwc-TzLPPVgn2_tPEzXQ7d_y-zw5ypnplJlvbML5OxgPnsjmq2mG&typo=1)

https://linkprotect.cudasvc.com/url?a=https%3a%2f%2fwww.google.com%2furl%3fq%3dhttps%3a%2f%2fzoom.us%2fj%2f98399355370%26sa%3dD%26usd%3d2%26usg%3dAOvVaw0oD67-w1JWyzMlaKHxOZyh&c=E,1,Qb8xvrCdBb8CyPON_DoWrJWGi-yiHOVY9EFoLvJKPpwuwgTEdzeO1_hcTevkwc-TzLPPVgn2_tPEzXQ7d_y-zw5ypnplJlvbML5OxgPnsjmq2mG&typo=1

Second Topic: Monday, April 27 at 4pm:

4 practical ideas for a healthy family routine during quarantine

- Night routine
- Morning routine
- School structure at home
- Family activities to connect during quarantine

Join Zoom Meeting

<https://zoom.us/j/96674377358> (https://linkprotect.cudasvc.com/url?a=https%3a%2f%2fwww.google.com%2furl%3fq%3dhttps%3a%2f%2fzoom.us%2fj%2f96674377358%26sa%3dD%26usd%3d2%26usg%3dAOvVaw2upWTKlxq-qYd1FvcjvV2n&c=E,1,Xwo_r1khTCltdxjJgmsGeuMlcxI4muJH1-XIKNLekGTAEUFEK1BW1Ocki7Sf7hobzzf4JHrj-aBg5GSUv1rvZMYhiYbq2m5LrUxJBvhd1emYUbu6B0eEQI7g.,&typo=1)

https://linkprotect.cudasvc.com/url?a=https%3a%2f%2fwww.google.com%2furl%3fq%3dhttps%3a%2f%2fzoom.us%2fj%2f96674377358%26sa%3dD%26usd%3d2%26usg%3dAOvVaw2upWTKlxq-qYd1FvcjvV2n&c=E,1,Xwo_r1khTCltdxjJgmsGeuMlcxI4muJH1-XIKNLekGTAEUFEK1BW1Ocki7Sf7hobzzf4JHrj-aBg5GSUv1rvZMYhiYbq2m5LrUxJBvhd1emYUbu6B0eEQI7g.,&typo=1

*Recording will be available after session





Orange Unified School District



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Welcome to Nutrition Services!

Dear Parents,

During these tough economic times, many families in our community face decreasing income, layoffs or change in living circumstances. Nutrition Services wants to help. If your family's financial situation has changed since school started and you are not currently on the meal program...please apply.

For Free and Reduced guidelines and further information click here [MEAL APPS \(applications\)](#).

DUE TO COVID19 -We will not be accepting cash or checks this school year.

We will only accept online payments through [click here PayPAMS](#)

Please take advantage of the options to prepay your student's meal accounts. Prepaid meal accounts help the lunch lines go faster and gives students more time to eat, relax, and play. Peace of mind, not having to worry about looking for lunch money every day or worry that it might get lost, stolen or used for other things other than lunch.



New!
Free Mobile Menu App



WEB MENUS
[Click to learn more!](#)



Meal Applications

**District Slide Show
Photo Gallery**



Elementary Meal Prices

Breakfast: Reduced

Price \$.30

Full Price \$1.75

Lunch: Reduced Price \$.40

Full Price \$3.00

Secondary Meal Prices

Breakfast: Reduced

Price \$.30

Full Price \$2.00

Lunch: Reduced

Price \$.40

Full Price \$3.75

Interesting facts about the cost of a lunch! In this economy, everyone is looking for good ideas that will help save a few \$\$ each week. Here is a great one - have your son or daughter buy a healthy school lunch instead of spending on a packed lunch. (A retail "LunchAble" costs approx.

\$2.99 without milk or fresh produce.) Independent research puts the average cost to prepare a sack lunch from home at \$3.41. Each school age child in your family can save about \$1.00 each day by buying a lunch at school. Over the course of a school year that is a savings of almost \$240!

What do you get for \$3.00? That is the really good news: school nutrition programs are providing nutritious, balanced meals that can help children reach and maintain a healthy weight. Meals served under the National School



HUB of Hope Food Distribution

611 S. Ford Ave. in Fullerton

Due to COVID-19, we will be distributing bags of food through the 3rd door of the main entrance.

NEW FOOD PANTRY HOURS:

Monday through Friday: 1 pm – 2:30 pm

Saturday & Sunday: Closed

Service Navigation

Due to COVID-19, we will only be available by phone to assist those experiencing homelessness or who are at risk of becoming homeless.

Please call James at 714-680-3691 x. 220 for a phone appointment. You can contact 211 for additional food resources.