



# What's Cooking?



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## July 2025

**Uvalde CISD and SFE work together to provide our future leaders the nutritional fuel to be ready to learn and reach their highest potential.**

**Thank You to the entire Uvalde CISD Team, as we work together to feed the students we love! Uvalde CISD believes that ALL STUDENTS deserve, fresh and delicious meal options to enjoy.**

# Non Congregate Parent Feedback and Gratitude!

To Whom it may Concern :

I want to say The Summer Meals is greatly appreciated. Because it helps me and my kids a lot. because as I go to work my kids get to eat breakfast and lunch and don't go into kitchen and use stove at the babysitters.

So I would greatly appreciate the program if it continued.

Saves us time in the store & kitchen and saves us money. That way we can spend more time together ☺

Summer school lunches have been a great help to my family! My kids enjoy the food. Its prepared so that they can easily warm up and eat.

My oldest daughter (12 years old) LOVES the breakfast pastries, grapes is her favorite! My 9 year old's favorites are the hot dogs and hamburgers, AND they both can't get enough of the schools broccoli. They say it the best they've ever had ~~there~~

Thank you from

Brooke Jad  
Marie



#162

I would just like to inform you that the Food you help me with and the Family for our grandbaby helps a lot in so many ways with cost and time

6/26/25

Special thanks to all those who dedicate their time and effort into the Summer Program here in Uvalde, TX. My family is very grateful. May this program continue and spread to other counties!! Lucione Auguste mother of 2.

Thanks  
God Bless!  
Elmer Garcia

Dear UCISS and UCISS Food Services, June 16, 2025

I am writing to express my gratitude for the Summer Meal Bundle Pickup program that you have provided for students during the summer months. As a family with both parents working, the program has been a tremendous support for us.

The meal bundles ensure that our son has access to nutritious and balanced meals while we are at work. Knowing that he is eating well allows us to focus on our jobs without worrying about his food needs. The convenience of the pick up has made a significant difference in our daily routine, and we deeply appreciate all the effort that goes into organizing and distributing these meals.

Thank you for your dedication to the well-being of our students and families. We look forward to continuing to benefit from this invaluable program in the summers to come. Best wishes, Dawn







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This Month In The Child  
Nutrition Dept.



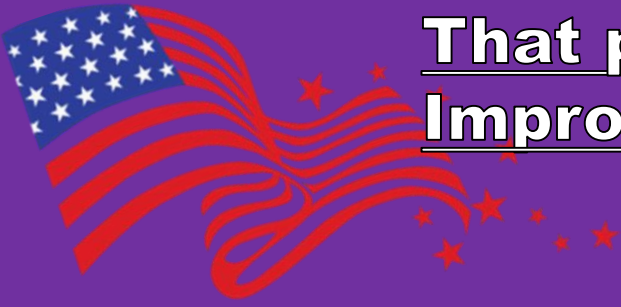
**We served 50011  
meals in June, and  
39930 of those meals  
were from our Non  
Congregate Services!**



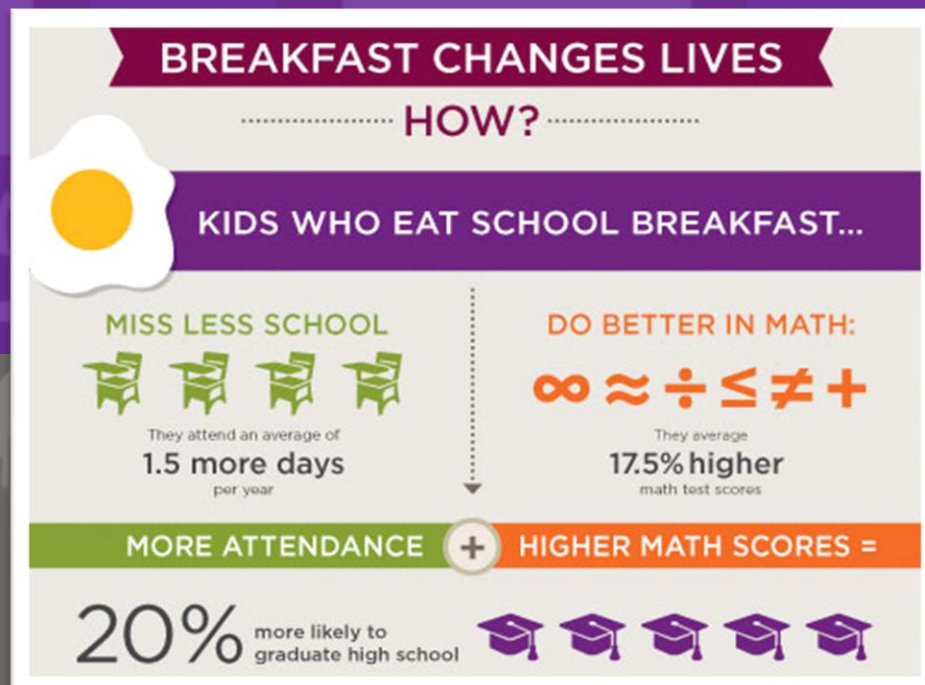
# Did You Know....?



## That proper Nutrition Can Improve Test Scores?



Imagine a student skipping breakfast because she was running late. A few hours later, that same student's stomach starts growling during a test, but it's still a couple of hours before lunch. She ends up doing poorly on the test because all she can think about is how hungry she is. If she had eaten before her test, she might have been able to focus better– and do better. In fact, research shows that participation in a school breakfast program of some kind is closely associated with significantly better performance in standardized test scores, as well as improved cognitive function and reduced absenteeism.



That's why SFE makes it a priority to offer a wide variety of programs to ensure that students get the nutrition they need to succeed in class– all day long. Programs such as breakfast in the classroom, second chance breakfast and grab-and-go breakfast can be customized to fit the needs of students and districts, so that every student starts the day out right. By also focusing on fresh-from-scratch cooking and consistently offering plenty of fruits and vegetables at each meal, we give students extra opportunities to get the nutrients they may be missing. We want every student to be nourished to learn and be ready to do their best!



We would so appreciate  
hearing from you!

Please contact the SFE

team today at:

[BestK12Food@sfellc.org](mailto:BestK12Food@sfellc.org)

