

Featuring Fall's Harvest

TOMATOES!

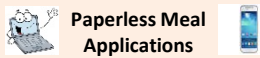
Healthy Tips

Get Moving:

- Go for a walk or jog in the morning to jump-start the brain.
- Make walking to school a daily routine. Create a team of parents who can take turns walking students safely to school. If it is too far to walk, drive students but park a few blocks away and then walk.
- Take a family walk after dinner.

Did you know? Amazing facts about tomatoes

- A ½ cup of sliced tomatoes is a good source of vitamin C and vitamin A.
- Tomatoes are a great source of lycopene. Lycopene is a powerful antioxidant that may help lower the risk of some forms of cancer, promotes heart health, and helps keep the immune system healthy.
- In 1893, the U.S. Supreme Court declared the tomato to be a vegetable. But it is actually a berry.
- Look for tomatoes that are firm and give slightly to gentle pressure.
- Store ripened tomatoes at room temperature, out of direct sunlight. Use within a few days.
- Use fresh or canned tomatoes in soups, stews, and chili for a great taste.
- Add fresh tomatoes to everyday foods like sandwiches and salads.



Apply online anytime for Free & Reduced Price Meals at www.heartlandapps.com

Pay Online for School Meals
Everyone Loves a Line that Moves!
Parents are encouraged to prepay for meals. Parents can make a pre-payment safely & securely at:

www.myschoolbucks.com.
Students who have pre-paid in advance can transact up to 7 seconds faster at the serving line than those who pay cash or check for their meals, giving kids time to eat with friends. View purchases, set up low balance warnings & more with your free account. CNS will also accept cash or check at your child's school. *Please note: No credit is extended at the middle schools. Please review the full Meal Charging Policy at:* www.eesd.org/cns



What Makes a Complete Lunch?

USDA requires that a student select a minimum of 3 different components: **Fruit, Vegetable, Protein, Grain, Milk**



A COMPLETE LUNCH MUST INCLUDE A 1/2 CUP OF FRUIT OR VEGETABLE

A La Carte Menu

- Fruit Juice \$0.75
- Milk \$0.75
- Water 16.9oz \$0.75
- Whole Grain Cookies \$0.75
- Munchie Snack Mix \$0.75
- Ice Dog Slushies \$0.75
- Izze Beverage \$ 1.50



Vegetarian Options Available Daily!
Check in with your Super Lunch Lady at your school site for the vegetarian entrée of the day.



The Child Nutrition Services Dept. can be reached at (408) 223-4500, Mon-Fri, 7:30am - 4:00pm

MENU KEY
(V) Vegetarian
(C) Chicken
(B) Beef
(P) Pork
(T) Turkey
(F) Fish

BULLDOG CAFE FALL LUNCH MENU 2017-18

Meal Prices
Full Price \$3.50
Reduced \$0.40

	Monday Lunes	Tuesday Martes	Wednesday Miercoles	Thursday Jueves	Friday Viernes
Fresh Garden Bar Offered Daily!					
Week One Will begin on the following weeks: August 23 (Wed) September 11 October 2	Chicken Breast Chunks & BBQ Beans (C) Chimi Nada (V) Veggie Chef Salad (V)	Chili Cheese Dog (B) Fiesta Chicken Salad (C) Yogurt, Cheese & Crackers (V) <small>(Yogurt contains Kosher gelatin)</small>	Beefy Mac n Cheese (B) Pepperoni Stromboli (P) Deli Sandwich (T) & (V)	BBQ Chicken Drumstick (C) Tuna Salad & WG Crackers (F) Chimi Nada (V)	Domino's Smart Pizza Pepperoni (P) Or Cheese (V) Pasta Salad with Roasted Vegetables
Week Two Will begin on the following weeks: August 28 September 18 October 9	Chili Thai Chicken & Brown Rice (C) Bean & Cheese Burrito (V) Corn Dog (C)	Oven Fried Fish & Chips (F) Broccoli Beef Noodle Bowl (B) Ham & Cheese Sandwich (P)	Beefy Nachos & Cheese (B) Cheeseburger & Fries (B) Grilled Cheese Sandwich (V)	BBQ Chicken, Corn Cobbett & WG Roll (C) Tuna Salad & WG Crackers (F) Chimi Nada (V)	Domino's Smart Pizza Pepperoni (P) Or Cheese (V) Potato Salad
Week Three Will begin on the following weeks: September 5 (Tues) September 25 October 16	Spicy Chicken Sandwich & Chips (C) Veggie Chef Salad (V) Hamburger & Fries (B)	Sweet n Sour Pork & Brown Rice (P) Taco Nada (T) Yogurt, Cheese & Crackers (V) <small>(Yogurt contains Kosher gelatin)</small>	BBQ Teriyaki Chicken Drumstick & Brown Rice (C) Bean & Cheese Burrito (V) Pepper Jack Twins (B)	Jumbo Cheese Raviolis (V) Bravo Chicken (C) or Cheese Enchilada (V) Grilled Cheese Sandwich (V)	Domino's Smart Pizza Pepperoni (P) Or Cheese (V) Macaroni Salad

Welcome Back to School!
Important dates to remember:
Sept 1: Back to School Cookie Day
Sept 4: Labor Day Holiday
Sept 28: No School
Oct 5: 2016-17 Lunch Applications Expire

Pico de Gallo

Makes 36 tastes at 1/4 cup each
Ingredients:
3 pounds tomatoes, chopped
4 1/2 cups chopped onion
1 cup chopped fresh cilantro
9 jalapeño peppers, seeds removed and chopped
6 cloves garlic, finely chopped
6 tablespoons lime juice
3/4 teaspoon salt
Small paper cups
Baked tortilla chips
Instructions
1. Combine all ingredients in a large bowl.
2. Serve in small cups with baked tortilla chips.

Nutrition information per serving:*
Calories 17, Carbohydrate 4 g, Dietary Fiber 1 g, Protein 0 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 52 mg

Adapted from: Healthy Latino Recipes Made With Love, Network for a Healthy California—Latino Campaign, 2008.

*Information for Pico de Gallo only; does not include tortilla chips.

Rethink Your Drink
Use the Nutrition Facts label to choose foods and beverages with less total sugars.

Available choices to go with your lunch entree:
Non-Fat Chocolate Milk
1% Low-Fat White Milk
Variety of Seasonal Fruits & Vegetables
Whole Grain Snacks

Farm Fresh Fruits Served Every Week!