

Featuring Fall's Harvest ....

TOMATOES!

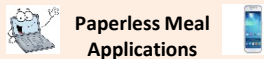
## Healthy Tips

### 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.



**Paperless Meal Applications**  
Apply online anytime for Free & Reduced Price Meals at [www.heartlandapps.com](http://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](http://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: If a student forgets or loses their lunch money, the student will be allowed to charge their meal. Please review the full Meal Charging Policy at: [www.eesd.org/cns](http://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 ½ CUP OF FRUIT OR VEGETABLE**

**A La Carte Menu**

- Milk \$0.75
  - Water \$0.75
  - Fruit Juice \$0.75
  - Whole Grain Crackers \$0.75
  - Munchie Snack Mix \$0.75
  - Ice Dog Slushies \$0.75
  - Salad Bar Only \$1.00
- No credit is extended for a la carte purchases.*



**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

This institution is an equal opportunity provider and employer. Menu is subject to change without notice. For CalFresh information, call 1-877-847-3663. Visit [www.CaChampionsForChange.net](http://www.CaChampionsForChange.net) for healthy tips.

# BREAKFAST IN THE CLASSROOM MENU 2017-18



Lunch Meal Prices  
Full Price \$3.50  
Reduced \$0.40



Breakfast No Cost

RS-Reduced Sugar WG –Whole Grain	Monday Lunes	Tuesday Martes	Wednesday Miercoles	Thursday Jueves	Friday Viernes
<b>Week One</b> Will begin on the following weeks: August 23 (Wed) September 11 October 2	Honey Nut Cheerio Cereal WG Honey Graham Cracker  100 % Apple Juice 1% White or FF Chocolate Milk	WG Bagel & Lite Cream Cheese Cup  Banana 1% White or FF Chocolate Milk	RS Frosted Flakes Cereal WG Cinnamon Mini Gripz  100 % Fruit Punch Juice 1% White or FF Chocolate Milk	WG Mini Maple Pancakes  Fresh Apple Slices 1% White or FF Chocolate Milk	WG Banana Chocolate Chip Bar  Raisins 1% White or FF Chocolate Milk
<b>Week Two</b> Will begin on the following weeks: August 28 September 18 October 9	RS Cocoa Puffs Cereal WG Animal Crackers  100 % Fruit Punch Juice 1% White or FF Chocolate Milk	WG Pop Tart & Lite String Cheese  Craisins 1% White or FF Chocolate Milk	RS Trix Cereal WG Chocolate Elf Grahams  100 % Apple Juice 1% White or FF Chocolate Milk	WG Blueberry Muffin Top  Strawberry Cup 1% White or FF Chocolate Milk	Yogurt & Scooby WG Cinnamon Grahams  Fresh Apple Slices 1% White or FF Chocolate Milk
<b>Week Three</b> Will begin on the following weeks: September 5 (Tues) September 25 October 16	Frosted Mini Wheats Cereal Honey Graham Cracker  100 % Apple Juice 1% White or FF Chocolate Milk	WG Buttermilk Twin Bars  Raisins 1% White or FF Chocolate Milk	RS Cinnamon Toast Crunch Cereal Animal Crackers  100 % Fruit Punch Juice 1% White or FF Chocolate Milk	WG Mini Cinnamon Waffles  Fresh Apple Slices 1% White or FF Chocolate Milk	WG Pop Tart & String Cheese  Craisins 1% White or FF Chocolate Milk

**Rethink Your Drink**

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

**Welcome Back to School!**

**Important dates to remember:**  
Sept 4-15: Salad Bar at Cadwallader, Clark, Dove Hill, Cedar Grove, Silver Oak  
Sept 18-29: Salad Bar at Evergreen, Holly Oak, Laurelwood, Matsumoto, JF Smith  
Oct 2-13: Salad Bar at Millbrook, Montgomery, Norwood, Whaley, K. Smith  
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 ¼ cup each**  
**Ingredients:**  
3 pounds tomatoes, chopped  
4½ cups chopped onion  
1 cup chopped fresh cilantro  
9 jalapeño peppers, seeds removed and chopped  
6 cloves garlic, finely chopped  
6 tablespoons lime juice  
¾ 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.

*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

