

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

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: 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

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

FALL BREAKFAST MENU 2017-18

DOVE HILL, HOLLY OAK, MONTGOMERY & OB WHALEY

Breakfast Prices
Full Price \$2.00
Reduced \$1.20

Lunch Prices
Full Price \$3.50
Reduced \$0.40

	Monday Lunes	Tuesday Martes	Wednesday Miercoles	Thursday Jueves	Friday Viernes
Week One Will begin on the following weeks: August 23 (Wed) September 11 October 2	WG Mini Cinnamon Waffles Breakfast Cereal & Graham Crackers	WG Pop Tart & String Cheese Breakfast Cereal & Graham Crackers	Trix Cereal Bar & Lite Cheese Stick Breakfast Cereal & Graham Crackers	WG Bagel & Lite Cream Cheese Cup Breakfast Cereal & Graham Crackers	Tac n Go Sausage, Egg & Cheese Wrap Breakfast Cereal & Graham Crackers
Week Two Will begin on the following weeks: August 28 September 18 October 9	WG Mini Maple Pancakes Breakfast Cereal & Graham Crackers	WG Banana Chocolate Chip Bar Breakfast Cereal & Graham Crackers	Breakfast Burrito Breakfast Cereal & Graham Crackers	WG Pop Tart & Lite String Cheese Breakfast Cereal & Graham Crackers	Turkey Ham & Cheese on a Hawaiian Roll Breakfast Cereal & Graham Crackers
Week Three Will begin on the following weeks: September 5 (Tues) September 25 October 16	WG Blueberry Muffin Top Breakfast Cereal & Graham Crackers	Yogurt & Scooby WG Cinnamon Grahams Breakfast Cereal & Graham Crackers	French Toast Sticks Breakfast Cereal & Graham Crackers	WG Buttermilk Twin Bars Breakfast Cereal & Graham Crackers	Breakfast Burrito Breakfast Cereal & Graham Crackers

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.

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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 breakfast entree:

- Non-Fat Chocolate Milk
- 1% Low-Fat White Milk
- 100% Fruit Juice
- Variety of Canned & Fresh Fruits
- Whole Grain Grahams



Farm Fresh Fruits Served Every Week!