

Featuring Fall's Harvest

TOMATOES!

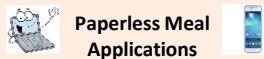
Healthy Tips

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: 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 LUNCH MENU 2017-18

Meal Prices
Full Price \$3.50
Reduced \$0.40

* RS-Reduced Sugar	Monday Lunes	Tuesday Martes	Wednesday Miercoles	Thursday Jueves	Friday Viernes
<p>Week One Will begin on the following weeks:</p> <p>August 23 (Wed) September 11 October 2</p>	<p>Grilled Cheese Sandwich (V)</p> <p>Deli Sandwich-Turkey (T)</p> <p>Sliced Carrots Applesauce</p>	<p>Cheese French Bread Pizza (V)</p> <p>Mini Corn Dogs (C)</p> <p>Side Salad Whole Apple</p>	<p>Meatless Beefy Cheese Burrito (V)</p> <p>Pepperoni Calzone (B, P)</p> <p>Jicama Sticks Diced Apricots</p>	<p>Galaxy Cheese Pizza (V)</p> <p>Mini Burger Twins (B)</p> <p>Chili Beans Diced Pears</p>	<p>"DIPPER DAY"</p> <p>Breadstick Bites & Marinara Sauce (V)</p> <p>Taco Nada Dippers & Salsa (T)</p> <p>Corn Mandarin Oranges</p>
<p>Week Two Will begin on the following weeks:</p> <p>August 28 September 18 October 9</p>	<p>Galaxy Cheese Pizza (V)</p> <p>Fun Fish & Fries (F)</p> <p>Strawberry Cup Mixed Vegetables</p>	<p>Grilled Cheese Sandwich (V)</p> <p>Meatball Sandwich (B)</p> <p>Broccoli Florets Pineapple Tidbits</p>	<p>Yogurt, Cheese & Crackers (V) <small>(Yogurt contains Kosher gelatin)</small></p> <p>Galaxy Pepperoni Pizza (B, T)</p> <p>BBQ Beans Banana</p>	<p>Mac & Cheese (V)</p> <p>Bagel Dog (C)</p> <p>Zucchini Coins Mixed Fruit</p>	<p>Chimi Nada (V)</p> <p>Beef & Cheese Taco Stick (B)</p> <p>Corn Pear Half</p>
<p>Week Three Will begin on the following weeks:</p> <p>September 5 (Tues) September 25 October 16</p>	<p>Grilled Cheese Quesadilla (V)</p> <p>Hamburger on a WG Bun (B)</p> <p>Green Beans Orange Wedges</p>	<p>Three Cheese Calzone (V)</p> <p>Turkey & Cheese Sandwich (T)</p> <p>Crunchy Bean Salad Diced Peaches</p>	<p>Galaxy Cheese Pizza (V)</p> <p>BBQ Teriyaki Chicken Drumstick & Brown Rice (C)</p> <p>Side Salad Applesauce</p>	<p>Stuffed Croissant Sandwich (V)</p> <p>Pizza Nada (T)</p> <p>Corn Mixed Fruit</p>	<p>Jumbo Cheese Ravioli & WG Roll (V)</p> <p>Chili Cheese Dog (C, B, P)</p> <p>Celery Crescents Diced Pears</p>

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 4g, Dietary Fiber 1g, Protein 0g, Total Fat 0g, Saturated Fat 0g, Trans Fat 0g, Cholesterol 0mg, Sodium 52mg*

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*

