

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.

**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: No credit is extended at the middle schools. 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**

**Paperless Meal Applications**

Apply online anytime for Free & Reduced Price Meals at [www.heartlandapps.com](http://www.heartlandapps.com)

**Vegetarian Options Available Daily!**

Check in with your Super Lunch Lady at your school site for the vegetarian entrée of the day.

**Breakfast Prices**  
Full Price \$2.00  
Reduced \$0.20

# FALL BREAKFAST MENU 2017-18

## LEYVA & QIMBY OAK MIDDLE SCHOOLS

Breakfast burritos served daily in addition to the featured entrees listed

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

	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	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
<b>Week Two</b> 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
<b>Week Three</b> 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



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

**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 1: Back to School Red Apple 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

**Farm Fresh Fruits Served Every Week!**