

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: 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
- Fruit Roll-Ups \$0.75
- Pop-Tarts \$0.75
- Whole Grain Snacks \$0.75
- Whole Grain Desserts \$0.75
- Seasonal Fruit Cup \$1.00
- Frozen Novelties \$1.00
- Breakfast Entrees \$1.75
- Izze Beverages \$1.50
- Switch Smoothies \$1.50
- Lunch Entrees \$2.50

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

*Pizza Day offerings include pizza, salad & parfait only.

MENU KEY

- (V) Vegetarian
- (C) Chicken
- (B) Beef
- (P) Pork
- (T) Turkey

QUIMBY FALL LUNCH MENU 2017-18

Student favorites served daily in addition to the featured entrees listed: Berry Yogurt Parfait (V), Deli Sandwich (V or T), Mini Corn Dogs (C), and Big Daddy Pizza(V or T)

Meal 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 October 23 November 13	Ranchero Tornados with Homemade Salsa (B) Teriyaki Chicken Sliders (C) Buffalo Chicken Bites & Oven Fries (C)	Pizza Day!* Domino's Cheese (V) or Pepperoni (P) Smart Slice Autumn Harvest Salad (C)	Sweet & Sour Chicken Fried Rice Bowl (C) Calzones (V or P) All Beef Pretzel Dog (B)	Szechuan Chicken & Chow Mein (C) All American Cheeseburger (B) Chicken Nuggets & Oven Fries (C)	Cheese Lasagna & Garlic Bread (V) Grilled Bean & Cheese Burrito (V) Spicy Chicken Sandwich (C)
Week Two Will begin on the following weeks: August 28 September 18 October 9 October 30	BBQ Chicken, Corn & Aloha Roll (C) Taco Nadas (V or T) Breadstick Bites & Marinara Sauce (V)	Pizza Day!* Domino's Cheese (V) or Pepperoni (P) Smart Slice Sesame Ginger Chicken Salad (C)	Orange Chicken & Fried Rice Bowl (C) Chili Cheese Dog (C, B, P) Fiery Chicken Tenders & Oven Fries (C)	Sweet Thai Chicken Rice Bowl (C) Beef Taco Stick (B) Jr. High Hamburger (B)	Hawaiian Beef Saimin Soup (B) Cheeseburger Twins (B) Chicken Nuggets & Oven Fries (C)
Week Three Will begin on the following weeks: September 5 (Tues) September 25 October 16 November 6	Cheesy Garlic Flatbread (V) Grilled Bean & Cheese Burrito (V) Spicy Chicken Sandwich (C)	Pizza Day!* Domino's Cheese (V) or Pepperoni (P) Smart Slice Strawberry Spinach Chicken Salad (C)	Crispy Popcorn Chicken Mashed Potato Bowl (C) Teriyaki Chicken Sliders (C) All Beef Pretzel Dog (B)	Teriyaki Chicken & Chow Mein (C) Pepperoni Stuffed Sandwich (T) Bravo! House of Enchiladas (V or C)	Oven Fried Catfish & Chips All American Cheeseburger (B) Breadstick Bites & Marinara Sauce (V)

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 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.

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!

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 for healthy tips.