

Free meals continue for all students!



Help your school receive funding. Apply online for Free & Reduced Price Meals at www.SchoolLunchApp.com

Pay Online for School Meals - Everyone Loves a Line that Moves!

Contactless online payments are strongly encouraged for all a la carte purchases

Parents can make a pre-payment safely & securely anytime at: www.myschoolbucks.com
Request a balance transfer or refund at www.eesd.org



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
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. NEW! Look for this to find 100% plant based options.



NO COST
Universal Free

JANUARY LUNCH MENU 2023

	Monday Lunes	Tuesday Martes	Wednesday Miercoles	Thursday Jueves	Friday Viernes
Week of: Jan 2	No School New Year Observed	Ciabatta Cheese Melt (M) Chicken Taquitos (C)	Bean, Cheese, Rice Burrito (M) Turkey Ham & Cheese Sandwich (T)	Mini Pizza Bagels (M) Fiestada Stuffed Sandwich (B)	Green Chile & Cheese Tamale (M) Pretzel Dog (C)
Week of: Jan 9	Cheese Enchiladas (M) Pepperoni Calzone (T)	Veggie Sausage & Cheese Croissant (M) Pizza Nada (T)	Macaroni & Cheese (M) Fully Loaded Cheeseburger Twins (B)	Cheese Pizza (M) Mini Corn Dogs & Fries (C)	No School Staff Inservice
Week of: Jan 16	Martin Luther King Jr. Holiday	Vegan Burger (M) Pepperoni Pizza (B, P)	Grilled Cheese (M) Beef Chimichanga (B)	Vegan Bean & Rice Burrito (M) Chili Cheese Dog (B, C)	Cheesy Garlic Pull-Aparts (M) Chicken Nuggets & Fries (C)
Week of: Jan 23	Protein Pack (M) Grilled Cheese with Turkey Bacon (T)	Breadstick Bites & Marinara (M) Taco Nada (T)	Cheese Calzone (M) Classic Burger (B)	Bean & Cheese Burrito (M) Meatball Sandwich (B)	Cheese Pizza (M) Korean BBQ Chicken & Fried Rice (C)
Week of: Jan 30	Vegan Nuggets & Fries (M) Chicken & Cheese Burrito (C)	Beans & Cheese with Chips (M) Philly Steak Pinwheel (B)	Cheese Pizza (M) Chicken Teriyaki & Eggroll (C)	Soybutter & Jelly Sandwich (M) BBQ Rib Sandwich (B)	Cheese Quesadilla (M) Beef Lasagna (B)

Menu is subject to change without notice.

This institution is an equal opportunity provider and employer.
For CalFresh information, call 1-877-847-3663.
Visit www.CaChampionsForChange.net for healthy tips.



MENU KEY
(M) Vegetarian
(C) Chicken
(B) Beef
(P) Pork
(T) Turkey
(F) Fish



CHILD NUTRITION SERVICES
EVERGREEN SCHOOL DISTRICT

Child Nutrition Services can be reached at (408) 223-4500, Monday-Friday, 7:30am -4:00pm



Important dates to remember:



Jan 2: New Year's Day Observed. No School. Return
Tues Jan 3
Jan 13: Staff Inservice. No School.
Jan 16: Martin Luther King Jr. Holiday. No School

Available choices to go with menu items:

Non-Fat Chocolate Milk
1% Low-Fat White Milk
100% Fruit Juice
Variety fresh & canned fruits
Variety fresh & hot veggies
Baby Carrots
Whole Grain Snacks