

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

NO COST
Universal Free

MAY BREAKFAST MENU 2023

Breakfast is now available at ALL sites!



CHILD NUTRITION SERVICES
EVERGREEN SCHOOL DISTRICT

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



What makes a Complete Breakfast?

A school breakfast consists of the following three food components:

1. Fruits (or optional veg)
2. Grains (or optional meats/meat alt)
3. Choice of Milk

Student can decline 1 item and at least 1/2 cup of the fruit component must be selected to be complete



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

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.



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

	Monday Lunes	Tuesday Martes	Wednesday Miercoles	Thursday Jueves	Friday Viernes
Week of: May 1	Banana Chocolate Chunk Bar (M) Cereal & Grahams (M)	Egg & Cheese Burrito (M) Cereal & Grahams (M)	Crumb Cake Square (M) Cereal & Grahams (M)	Egg, Cheese, Sausage Bagel (T) Cereal & Grahams (M)	Mini Cinnis (M) Cereal & Grahams (M)
Week of: May 8	Mini Waffles (M) Cereal & Grahams (M)	Egg & Cheese on English Muffin (M) Cereal & Grahams (M)	Cereal Bar & String Cheese (M) Cereal & Grahams (M)	Egg & Turkey Sausage Burrito (T) Cereal & Grahams (M)	Whole Grain Donut (M) Cereal & Grahams (M)
Week of: May 15	French Toast Sticks (M) Cereal & Grahams (M)	Egg & Salsa Burrito (M) Cereal & Grahams (M)	Muffin Top (M) Cereal & Grahams (M)	Chicken Bicsuit Sandwich(B) Cereal & Grahams (M)	Yogurt & Granola (M) Cereal & Grahams (M)
Week of: May 22	Egg & Cheese Taco (M) Cereal & Grahams (M)	Ultimate Breakfast Round (M) Cereal & Grahams (M)	Chorizo Bolillo (C) Cereal & Grahams (M)	Bagel & Cream Cheese (M) Cereal & Grahams (M)	Buttermilk Twins (M) Cereal & Grahams (M)
Week of: May 29	Memorial Day Holiday No School	Cinnamon Roll (M) Cereal & Grahams (M)	Muffin & String Cheese (M) Cereal & Grahams (M)	Egg & Bacon Burrito (P) Cereal & Grahams (M)	Mini Pancakes (M) Cereal & Grahams (M)

Important dates to remember:



Apr 10-14: Spring Break
May 29: Memorial Day
Jun 9: Last day of school
Summer School Starts June 13

Available choices to go with breakfast:

Non-Fat Chocolate Milk
1% Low-Fat White Milk
100% Fruit Juice
Variety fresh, canned & dried fruits
Whole Grain Grahams