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BULL DOG CAFE LATE WINTER LUNCH MENU 2018-19

Pay Online for School Meals

Everyone Loves a Line that Moves! Parents are encouraged to prepay for meals. Parents can make a prepayment 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

	Monday Lunes	Tuesday Martes	Wednesday Miercoles	Thursday Jueves	Friday Viernes
Week One Will begin on the following weeks: Jan 14 February 4 March 4 March 25	Cheese Lasagna & Garlic Toast (V) Grilled Cheese Sandwich (V) Double Dogs (C)	Spicy Chicken Sandwich on a WG Bun (C) Chef Salad (V&C) Bean & Cheese Burrito (V)	Mini Corn Dogs & Oven Fries (C) Yogurt, Cheese & Crackers (V) Taco Pocket (T)	BBQ Drumstick, Corn & WG Roll (C) Chef Salad (V&C) Burger Bundles (B)	Domino's Cheese (V) or Pepperoni (P) Smart Slice Potato Salad Mini Rice Krispy Treat
Week Two Will begin on the following weeks: January 22 (Tues) February 11 March 11	Chicken Nachos (C) Turkey Sandwich (T,V) Grilled Cheese Sandwich (V)	Teriyaki Chicken Noodle Bowl (C) Chef Salad (V&C) 3 Cheese Calzone (V)	Mac n Cheese & WG Roll (V) Yogurt, Cheese & Crackers (V) Habanero Pocket (T)	Boneless Chicken Wings & Fries (C) Tuna on a WG Croissant (T) BBQ Rib Sandwich (B)	Domino's Cheese (V) or Pepperoni (P) Smart Slice Macaroni Salad Mini Rice Krispy Treat
Week Three Will begin on the following weeks: January 28 February 25 March 18	Beef Pattie, Gravy, Mashed Potatoes & WG Roll (C) Deli Sandwich (P,T, V) Corn Dog (C)	Cat Fish & Fries (F) Chef Salad (V&C) Beef Taco Stick (B)	Beefy Mushroom Burger (B) Yogurt, Cheese & Crackers (V) Pizza Pocket (T)	Szechuan Chicken Rice Bowl (C) Chef Salad (V&C) Chili Cheese Dog (B,C)	Domino's Cheese (V) or Pepperoni (P) Smart Slice Pasta Salad Mini Rice Krispy Treat

A La Carte Menu

Fruit Juice \$0.75
 Milk \$0.75
 Water 16.9oz \$0.75
 Whole Grain Snacks \$0.75
 Whole Grain Desserts \$0.75
 Izze Beverages \$1.50

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

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

Healthy Tip!
 Go for a walk or jog in the morning to jump-start the brain.

Important dates to remember:
 January 21 – Martin Luther King Jr. Holiday
 Feb 18 – 22 – President's Break

Featuring Winter Grapefruit: Citrus Salad

Makes 4 servings. 2 cups per serving.
Prep time: 10 minutes
Ingredients:
 5 cups chopped salad greens
 1 large orange, peeled and sectioned
 1 medium pink or red grapefruit, peeled and sectioned
 1/2 cup chopped red onion
 1 cup thinly sliced radishes
 1/4 cup sliced almonds
 2 tablespoons light sesame dressing
 2 tablespoons 100% orange juice

Instructions
 1. Place salad greens in a large bowl.
 2. Combine all ingredients with salad greens.
 3. Toss ingredients together. Serve immediately.
Nutrition information per serving:
 Calories 136, Carbohydrate 21 g, Dietary Fiber 5 g, Protein 4 g, Total Fat 6 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 112 mg

Adapted from: *Soufful Recipes: Building Healthy Traditions, Network for a Healthy California*, 2009.

Available choices to go with menu items:
 Non-Fat Chocolate Milk
 1% Low-Fat White Milk
 100% Fruit Juice
 Salad Bar with Seasonal Fruit & Veggies
 Whole Grain Snacks