

### End of Year Reminders

No credit will be extended the last 2 weeks of school. Please make sure you pay cash, check or have money on your account. Balances, positive or negative, will carry over to the next school year. Are you moving or need a balance returned? Please contact the CNS office for more information.



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

# BULLDOG CAFE SPRING LUNCH MENU 2018-2019

**Important dates to remember:**  
April 19-26 – Spring Break  
May 27 – Memorial Day Holiday  
June 13 – Last Day of School

### 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**

### A La Carte Menu

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

	Monday Lunes	Tuesday Martes	Wednesday Miercoles	Thursday Jueves	Friday Viernes
<b>Week One</b> Will begin on the following weeks:  April 1 April 29 May 20 June 10	Spicy Chicken Sandwich (C)  Grilled Cheese Sandwich (V)  Double Dogs (C)	BBQ Chicken Drumstick, Corn & WG Roll (C)  Chef Salad & WG Roll (V,C)  Bean & Cheese Burrito (V)	Beefy & Nachos (B)  Yogurt, Cheese & Crackers (V)  Pizza Pocket (T)	Chicken Nuggets & Sweet Potato Fries (C)  Chef Salad (V,C)  Burger Bundles (B)	<b>Pizza Day!</b>  Domino's Smart Pizza Pepperoni (P) Cheese (V)  Pasta Salad  Mini Rice Krispy Treat
<b>Week Two</b> Will begin on the following weeks:  April 8 May 6 May 28 (Tues)	Mini Corn Dogs & Potato Tots (C)  Deli Sandwich (T)  Grilled Cheese Sandwich (V)	Chili Cheese Dog (B)  Chef Salad & WG Roll (V,C)  3 Cheese Calzone (V)	Spicy Chicken Sandwich (C)  Yogurt, Cheese & Crackers (V)  Habanero Pocket (T)	Boneless Chicken Wings & Fries (C)  Tuna Salad (F)  BBQ Rib Sandwich (B)	<b>Pizza Day!</b>  Domino's Smart Pizza Pepperoni (P) Cheese (V) Potato Salad Mini Rice Krispy Treat
<b>Week Three</b> Will begin on the following weeks:  April 15 May 13 June 3	Spaghetti with Meat Sauce (B)  Deli Sandwich (T)  Corn Dog (C)	Bulldog Burger (B)  Chef Salad (V,C)  Beef Taco Stick (B)	Chicken Nachos (C)  Yogurt, Cheese & Crackers (V)  Taco Pocket (T)	Spicy Chicken Sandwich (C)  Chef Salad (V,C)  Cheese Quesadilla (V)	<b>Pizza Day!</b>  Domino's Smart Pizza Pepperoni (P) Cheese (V)  Macaroni Salad Mini Rice Krispy Treat

### Featuring Spring Berries Berry Banana Split

**Makes 1 serving.**  
**Prep time:** 5 minutes  
**Ingredients:**  
1 small banana, peeled  
½ cup low-fat vanilla yogurt  
1 tablespoon low-fat granola  
½ cup sliced strawberries (fresh or frozen)  
**Instructions**  
1. Cut banana in half lengthwise.  
2. Spoon yogurt into a bowl.  
3. Place banana halves on both sides of yogurt.  
4. Top yogurt with granola and berries. Serve.  
**Nutrition information per serving:**  
Calories 259, Carbohydrate 55 g, Dietary Fiber 5 g, Protein 8 g, Total Fat  
2 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 6 mg, Sodium 98 mg  
Adapted from: *Kids...Get Cookin'!*, Network for a Healthy California, 2009.

### MENU KEY

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

The Child Nutrition Services Dept. can be reached at (408) 223-4500, Mon-Fri, 7:30am - 4:00pm

\*Pizza Day offerings do not include student favorites except yogurt parfait.

### Healthy Tip!

During TV commercials, have a push-up or sit-up contest with your child.

### 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

### Paperless Meal Applications

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



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](http://www.CaChampionsForChange.net) for healthy tips.