



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 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
- Switch Beverages \$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

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.

BULLDOG CAFE WINTER LUNCH MENU 2019-20

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: October 21 November 12 (Tues) December 9 January 13	Chicken Nuggets & Oven Fries (C) Corn Dog (C) Yogurt, Cheese, Crackers & Fruit (V)	Chili con Carne & Corn Bread (B) Chef Salad & Roll (C,V) All American Burger (B)	Spicy Chicken Sandwich (C) Cheesy Pull Aparts (V) Turkey & Cheese Sandwich (P)	Turkey, Mashed Potatoes, Gravy & Roll (T) Taco Salad (B,V) Pizza Nada (T)	Pizza Day! Domino's Smart Slice Pizza Cheese (V) or Pepperoni (P) Mini Rice Krispie Treat Tossed Garden Salad
Week Two Will begin on the following weeks: October 28 November 18 December 16	Bulldog Burger (B) Grilled Cheese Sandwich (V) Bean & Cheese Burrito (V)	Popcorn Chicken, Mashed Potatoes, Gravy & Roll (C) Green Chili Quesadilla (V) Crunchy Asian Salad (C,V)	Szechuan Chicken Rice Bowl (C) Chili Cheese Dog (B,P) Deli Combo Sandwich (P,V)	Spicy Chicken Sandwich (C) Chef Salad & Roll (C,V) Habanero Nada (T)	Pizza Day! Domino's Smart Slice Pizza Cheese (V) or Pepperoni (P) Mini Rice Krispie Treat Tossed Garden Salad
Week Three Will begin on the following weeks: November 4 December 2 January 6	Spicy Chicken Sandwich (C) Yogurt, Cheese, Crackers & Fruit (V) Chimi Nada (V)	Cheese Ravioli & Garlic Toast (V) Taco Nada (T) Tuna Salad (F)	Buffalo Chicken Bites, Tater Tots & Roll (C) Beef Taco Stick (B) Turkey Sandwich (V,T)	Teriyaki Chicken & Yakisoba Noodle Bowl (C) Mini Burger Bundles (B) Chef Salad (V,C)	Pizza Day! Domino's Smart Slice Pizza Cheese (V) or Pepperoni (P) Mini Rice Krispie Treat Tossed Garden Salad

Important dates to remember:
November 11 – Veteran's Day Holiday
November 20 – Conference Day
Nov 25-29 – Thanksgiving Break
Dec 23-Jan 3 – Winter Break

Featuring Winter Cabbage: Rainbow Coleslaw

Makes 12 servings.
½ cup per serving.
Prep time: 15 minutes
Ingredients:
2 cups thinly sliced red cabbage
2 cups thinly sliced green cabbage
½ cup chopped yellow or red bell pepper
½ cup shredded carrots
½ cup chopped red onion
½ cup fat free mayonnaise
1 tablespoon red wine vinegar
¼ teaspoon celery seed (optional)
½ cup low-fat Cheddar cheese, cubed

Instructions
1. In large bowl, combine vegetables.
2. In small bowl, combine mayonnaise, vinegar, and celery seed to make the dressing.
3. Pour dressing over the vegetables in large bowl.
4. Toss until well coated.
5. Add cheese and serve chilled.

Nutrition information per serving:
Calories 30, Carbohydrate 4 g, Dietary Fiber 1 g, Protein 2 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 2 mg, Sodium 145 mg

Adapted from: *Soulful Recipes: Building Healthy Traditions, Network for a Healthy California, 2008*

Available choices to go with menu items:
Non-Fat Chocolate Milk
1% Low-Fat White Milk
100% Fruit Juice
Seasonal Fresh Fruit
Baby Carrots & Ranch
Tossed Garden Salad
Whole Grain Snacks