



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*



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

- Fruit Juice \$0.75
- Milk \$0.75
- Water 16.9oz \$0.75
- Fruit Roll-Ups \$0.75
- Pop-Tarts \$0.75
- Whole Grain Snacks \$0.75
- Whole Grain Desserts \$0.75
- Seasonal Fruit Cup \$1.00
- Frozen Novelties \$1.00
- Breakfast Entrees \$1.75
- Izze Beverages \$1.50
- Switch Smoothies \$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.



Meal Prices
Full Price \$3.50
Reduced \$0.40

CHABOYA LATE WINTER LUNCH MENU 2018-19

Student favorites served daily in addition to the featured entrees listed:
Berry Yogurt Parfait (V), Bean Burrito (V) Deli Sandwich (T), and Big Daddy Pizza(V or T)

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

	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	Beef Tornados & Homemade Salsa (B) Teriyaki Chicken Sliders (C) Chicken Nuggets & Oven Fries (C)	Lemongrass Chicken Rice Bowl (C) Chili Cheese Dog (B, C) Spicy Chicken Sandwich (C)	Pizza Day!* Domino's Cheese (V) or Pepperoni (P) Smart Slice Yogurt, Cheese & Crackers (V)	Szechuan Chicken Rice Bowl (C) Turkey & Cheese Croissant Sandwich (T) Mini Corn Dogs & Oven Fries (C)	Tomato Soup & Grilled Cheese (V) All American Cheeseburger (B) Breadstick Bites & Marinara (V)
Week Two Will begin on the following weeks: January 22 (Tues) February 11 March 11	Macaroni & Cheese (V) Beef Taco Stick (B) Chicken Nuggets & Oven Fries (C)	Teriyaki Chicken Rice Bowl (C) Cheeseburger Twins (B) Spicy Chicken Sandwich (C)	Pizza Day!* Domino's Cheese (V) or Pepperoni (P) Smart Slice Corn Dog (C)	Orange Chicken Rice Bowl (C) Teriyaki Chicken Sliders (C) Mini Corn Dogs & Fries (C)	Fish & Chips All American Cheeseburger (B) Breadstick Bites & Marinara (V)
Week Three Will begin on the following weeks: January 28 February 25 March 18	Beef Tornados & Homemade Salsa (B) Taco Nadas (V or T) Chicken Nuggets & Oven Fries (C)	Szechuan Chicken Rice Bowl (C) Pepperoni Stuffed Sandwich (T) Spicy Chicken Sandwich (C)	Pizza Day!* Domino's Cheese (V) or Pepperoni (P) Smart Slice Yogurt, Cheese & Crackers (V)	Lemongrass Chicken Rice Bowl (C) Cheeseburger Twins (B) Mini Corn Dogs & Fries (C)	Cheese Lasagna & Garlic Bread (V) Breaded Chicken Mini Twins (C) Breadstick Bites & Marinara (V)

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



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

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

Healthy Tip!

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