### CHABOYA LATE WINTER LUNCH MENU 2019-20

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

#### Important dates to remember:
- Jan 20 – Martin Luther King Jr. Holiday
- Feb 17 - 21 – President’s Break
- Mar 30 – Cesar Chavez Day, No School

#### Week One
**Will begin on the following weeks:**
- January 21 (Tues) February 10 March 9

<table>
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<tr>
<th>Monday</th>
<th>Tuesday</th>
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<tbody>
<tr>
<td>Lunes</td>
<td>Martes</td>
<td>Miercoles</td>
<td>Jueves</td>
<td>Viernes</td>
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<tr>
<td>Beef Tornados with Homemade Salsa (B)</td>
<td>Crispy Popcorn Chicken Mashed Potato Bowl (C)</td>
<td>Domino’s Cheese (V) or Pepperoni (P) Smart Slice</td>
<td>Szechuan Chicken Rice Bowl (C)</td>
<td>Bean &amp; Cheese Pupusa with Homemade Salsa (V)</td>
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<tr>
<td>Macaroni &amp; Cheese (V)</td>
<td>Cheeseburger Twins (B)</td>
<td>Pasta with Meat Sauce (B)</td>
<td>Mini Corn Dogs &amp; Oven Fries (C)</td>
<td>All American Cheeseburger (B)</td>
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<tr>
<td>Chicken Nuggets &amp; Oven Fries (C)</td>
<td>Spicy Chicken Sandwich (C)</td>
<td>Grilled Italian Melt &amp; Tomato Soup (V)</td>
<td>Taco Twins (B)</td>
<td>Breadstick Bites &amp; Marinara (V)</td>
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#### Week Two
**Will begin on the following weeks:**
- January 27 February 24 March 16

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<thead>
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<tr>
<td>Hawaiian Beef Saimin (B)</td>
<td>Teriyaki Chicken Rice Bowl (C)</td>
<td>Domino’s Cheese (V) or Pepperoni (P) Smart Slice</td>
<td>Grilled Italian Melt &amp; Tomato Soup (V)</td>
<td>Popcorn Shrimp &amp; Chips</td>
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<tr>
<td>Beef Taco Stick (B)</td>
<td>Double Dogs (C)</td>
<td>Pasta with Meat Sauce (B)</td>
<td>Taco Twins (B)</td>
<td>Calzones (V or P)</td>
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<tr>
<td>Chicken Nuggets &amp; Oven Fries (C)</td>
<td>Spicy Chicken Sandwich (C)</td>
<td>Mini Corn Dogs &amp; Fries (C)</td>
<td>Mini Corn Dogs &amp; Fries (C)</td>
<td>Breadstick Bites &amp; Marinara (V)</td>
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#### Week Three
**Will begin on the following weeks:**
- February 3 March 2 March 23

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<tr>
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<td>Viernes</td>
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<tr>
<td>Cheese Garlic Flatbread (V)</td>
<td>Szechuan Chicken Rice Bowl (C)</td>
<td>Domino’s Cheese (V) or Pepperoni (P) Smart Slice</td>
<td>Beef Blasters and Chicken Eggroll (B,C)</td>
<td>Cheese Lasagna &amp; Garlic Bread (V)</td>
</tr>
<tr>
<td>Taco Nadas (V or T)</td>
<td>Pepperoni Stuffed Sandwich (T)</td>
<td>Beef Blasters and Chicken Eggroll (B,C)</td>
<td>Cheeseburger Twins (B)</td>
<td>All American Cheeseburger (B)</td>
</tr>
<tr>
<td>Chicken Nuggets &amp; Oven Fries (C)</td>
<td>Spicy Chicken Sandwich (C)</td>
<td>Mini Corn Dogs &amp; Fries (C)</td>
<td>Mini Corn Dogs &amp; Fries (C)</td>
<td>Breadstick Bites &amp; Marinara (V)</td>
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*Pizza Day offers include pizza, salad & hoagie sandwiches only.***

**MENU KEY**
- (V) Vegetarian
- (C) Chicken
- (B) Beef
- (P) Pork
- (T) Turkey

### 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 1 1/2 CUP OF FRUIT OR VEGETABLE

### Vegetarian Options
- Available Daily!
- Check in with your Super Lunch Lady at your school site for the vegetarian entree of the day.

### Paperless Meal Applications
- Apply online anytime for Free & Reduced Price Meals at [www.heartlandapps.com](http://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](http://www.myschoolbucks.com)
- View purchases. set up low balance alerts & more with your free account.
- CNS will also accept cash or check at your child’s school.
- Please note: If a student forgets or loses their lunch money, the student will be allowed to charge their meal. Please review the full Meal Charging Policy at: [www.eesd.org/cns](http://www.eesd.org/cns)

### A La Carte Menu
- Fruit Juice $0.75
- Milk $0.75
- Water $1.69 oz $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
- Switch Beverages $1.50
- Lunch Entrees $2.50

### Important dates to remember:
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### 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
  ½ cup chopped red onion
  1 cup thinly sliced radishes
  ¾ 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: Soulful 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
- Seasonal Fresh Fruit
- Baby Carrots & Ranch
- Tossed Garden Salad
- Whole Grain Snacks

### Rethink Your Drink
- Water is usually easiest on the wallet. You can often save money by drinking water from the tap at home or when eating out.

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This institution is an equal opportunity provider and employer. Menu is subject to change without notice.