

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.



CHABOYA SPRING LUNCH MENU 2018-2019

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)

Meal Prices
Full Price \$3.50
Reduced \$0.40

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 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 ½ 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



Paperless Meal Applications

Apply online anytime for Free & Reduced Price Meals at www.heartlandapps.com



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

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

	Monday Lunes	Tuesday Martes	Wednesday Miercoles	Thursday Jueves	Friday Viernes
Week One Will begin on the following weeks: April 1 April 29 May 20 June 10	Beef Tornados and Homemade Salsa (B) Taco Nadas (V or T) Chicken Nuggets and Oven Fries (C)	Teriyaki Chicken and Fried Rice (C) Cheeseburger Twins(B) Buffalo Bites and Oven Fries (C)	Pizza Day! Domino's Cheese (V) or Pepperoni (P) Smart Slice Yogurt, Cheese & Crackers (V)	Orange Chicken Rice Bowl (C) Taco Twins (B) Mini Corn Dogs and Oven Fries (C)	Crispy Popcorn Chicken Mashed Potato Bowl (C) All American Burger (B) Breadstick Bites and Marinara (V)
Week Two Will begin on the following weeks: April 8 May 6 May 28 (Tues)	Spicy Chicken Sandwich (C) Beef Taco Stick (B) Fish and Chips (F)	Cheese Lasagna and Garlic Bread (V) Cheeseburger Twins(B) Buffalo Bites and Oven Fries (C)	Pizza Day! Domino's Cheese (V) or Pepperoni (P) Smart Slice Popcorn Chicken Salad (C)	Szechuan Chicken and Fried Rice (C) BBQ Rib Sandwich (B) Mini Corn Dogs and Oven Fries (C)	Homestyle Chicken Noodle Soup (C) Breaded Chicken Twins (C) Breadstick Bites and Marinara (V)
Week Three Will begin on the following weeks: April 15 May 13 June 3	Beef Tornados and Homemade Salsa (B) Macaroni & Cheese (V) Chicken Nuggets and Oven Fries (C)	Teriyaki Chicken and Fried Rice (C) Cheeseburger Twins (B) Buffalo Bites and Oven Fries (C)	Pizza Day! Domino's Cheese (V) or Pepperoni (P) Smart Slice Yogurt, Cheese & Crackers (V)	Orange Chicken Rice Bowl (C) Pepperoni Stuffed Sandwich (T) Mini Corn Dogs and Oven Fries (C)	Crispy Popcorn Chicken Mashed Potato Bowl (C) All American Burger (B) Breadstick Bites and Marinara (V)

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

- Cut banana in half lengthwise.
- Spoon yogurt into a bowl.
- Place banana halves on both sides of yogurt.
- 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.

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