



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: 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



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

Milk \$0.75
Water \$0.75
Fruit Juice \$0.75
Whole Grain Crackers \$0.75
No credit is extended for a la carte purchases.



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

Healthy Tip!

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

CHABOYA 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)



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: November 26 December 17	Crispy Popcorn Chicken Mashed Potato Bowl (C) Beef Taco Stick (B) Chicken Nuggets & Oven Fries (C)	Orange Chicken Rice Bowl (C) Chili Cheese Dog (B, C) Buffalo Chicken Bites & Oven Fries (C)	Pizza Day!* Domino's Cheese (V) or Pepperoni (P) Smart Slice Yogurt, Cheese & Crackers (V)	Szechuan Chicken Rice Bowl (C) BBQ Rib Sandwich (B) Mini Corn Dogs & Oven Fries (C)	Homestyle Chicken Noodle Soup (C) All American Cheeseburger (B) Breadstick Bites & Marinara (V)
Week Two Will begin on the following weeks: December 3 January 7	Beef Tornadoes & Homemade Salsa (B) Calzones (V or P) Chicken Nuggets & Oven Fries (C)	Teriyaki Chicken Rice Bowl (C) Cheeseburger Twins (B) Buffalo Chicken Bites & Oven Fries (C)	Pizza Day!* Domino's Cheese (V) or Pepperoni (P) Smart Slice Popcorn Chicken Salad (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: December 10 January 14	Crispy Popcorn Chicken Mashed Potato Bowl (C) Taco Nadas (V or T) Chicken Nuggets & Oven Fries (C)	Szechuan Chicken Rice Bowl (C) Pepperoni Stuffed Sandwich (T) Buffalo Chicken Bites & Oven Fries (C)	Pizza Day!* Domino's Cheese (V) or Pepperoni (P) Smart Slice Yogurt, Cheese & Crackers (V)	Teriyaki Chicken Rice Bowl (C) Cheeseburger Twins (B) Mini Corn Dogs & Fries (C)	Cheese Lasagna & Garlic Bread (V) All American Cheeseburger (B) Breadstick Bites & Marinara (V)

Important dates to remember:
November 12 – Veteran's Day Holiday
November 14 – Conference Day
Nov 19-23 – Thanksgiving Break
Dec 24-Jan 4 – 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
- Sliced Apples
- Baby Carrots & Ranch
- Whole Grain Snacks