**CHABOYA 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 Galaxy Pizza (V or T)

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lunes</td>
<td>Martes</td>
<td>Miercoles</td>
<td>Jueves</td>
<td>Viernes</td>
</tr>
<tr>
<td>Crispy Popcorn Chicken Mashed Potato Bowl (C)</td>
<td>Orange Chicken Rice Bowl (C)</td>
<td>Domino’s Cheese (V) or Pepperoni (P) Smart Slice</td>
<td>Kung Pao Chicken &amp; Chow Mein (C)</td>
<td>Homestyle Chicken Noodle Soup (C)</td>
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<tr>
<td>Cheeseburger Twins (B)</td>
<td>Beef Taco Sticks (B)</td>
<td>Domino’s Cheese (V) or Pepperoni (P) Smart Slice</td>
<td>Macaroni &amp; Cheese (V)</td>
<td>All American Cheeseburger (B)</td>
</tr>
<tr>
<td>Chicken Nuggets &amp; Oven Fries (C)</td>
<td>Spicy Chicken Sandwich (C)</td>
<td>Pasta with Meat Sauce (B)</td>
<td>Mini Corn Dogs &amp; Oven Fries (C)</td>
<td>Breadstick Bites &amp; Marinara (V)</td>
</tr>
</tbody>
</table>

**Week One**
Will begin on the following weeks:
- October 21
- November 12 (Tues)
- December 9
- January 13

**Week Two**
Will begin on the following weeks:
- October 28
- November 18
- December 16

**Week Three**
Will begin on the following weeks:
- November 4
- December 2
- January 6

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**Pizza Day**

- *Pizza Day offerings include pizza, salad & hoagie sandwiches only.*

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

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**Healthy Tip!**

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

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**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

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**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

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**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 credit.

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**CNS**
Website: www.eesd.org/cns

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

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**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
- Frozen Yogurt $1.00
- Breakfast Entrees $1.75
- Switch Beverages $2.50

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

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**Healthy Tip!**

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

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

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**Paperless Meal Applications**
Apply online anytime for Free & Reduced Price Meals at www.heartlandapps.com

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**For CalFresh information, call 1-877-847-3663. Visit www.CaChampionsForChange.net for healthy tips.**

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