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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 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.esd.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 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
- Switch Beverages \$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.



The Child Nutrition Services Dept. can be reached at (408) 223-4500, Mon-Fri, 7:30am -4:00pm

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

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 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)



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: October 21 November 12 (Tues) December 9 January 13 | Crispy Popcorn Chicken Mashed Potato Bowl (C) Cheeseburger Twins (B) Chicken Nuggets & Oven Fries (C) | Orange Chicken Rice Bowl (C) Beef Taco Stick (B) Spicy Chicken Sandwich (C) | Pizza Day!* Domino's Cheese (V) or Pepperoni (P) Smart Slice | Kung Pao Chicken & Chow Mein (C) Macaroni & Cheese (V) 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: October 28 November 18 December 16 | Beef Tornadoes & Homemade Salsa (B) Calzones (V or P) Chicken Nuggets & Oven Fries (C) | Teriyaki Chicken & Chow Mein (C) Cheeseburger Twins (B) Spicy Chicken Sandwich (C) | Pizza Day!* Domino's Cheese (V) or Pepperoni (P) Smart Slice | Cheese Quesadilla & Homemade Salsa (V) Pasta with Meat Sauce (B) Mini Corn Dogs & Fries (C) | Spicy Hawaiian Big Daddy Pizza (P) All American Cheeseburger (B) Breadstick Bites & Marinara (V) |
| Week Three Will begin on the following weeks: November 4 December 2 January 6 | Grilled Cheese & Tomato Soup (V) Taco Nadas (V or T) Chicken Nuggets & Oven Fries (C) | Szechuan Chicken Rice Bowl (C) Chicken & Rice Burrito (C) Spicy Chicken Sandwich (C) | Pizza Day!* Domino's Cheese (V) or Pepperoni (P) Smart Slice | Orange 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) |

Featuring Winter Cabbage: Rainbow Coleslaw

Makes 12 servings.
1/2 cup per serving.
Prep time: 15 minutes
Ingredients:
2 cups thinly sliced red cabbage
2 cups thinly sliced green cabbage
1/2 cup chopped yellow or red bell pepper
1/2 cup shredded carrots
1/2 cup chopped red onion
1/2 cup fat free mayonnaise
1 tablespoon red wine vinegar
1/4 teaspoon celery seed (optional)
1/2 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
- Seasonal Fresh Fruit
- Baby Carrots & Ranch
- Tossed Garden Salad
- Whole Grain Snacks

This institution is an equal opportunity provider and employer. Menu is subject to change without notice. For CalFresh information, call 1-877-847-3663. Visit www.CaChampionsForChange.net for healthy tips.