

Paperless Meal Applications

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: 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

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
- (F) Fish

FALL BULL DOG CAFE MENU 2018-19

GARDEN SALAD BAR OFFERED DAILY

Lunch Meal Prices
Full Price \$3.50
Reduced \$0.40

| | Monday Lunes | Tuesday Martes | Wednesday Miercoles | Thursday Jueves | Friday Viernes |
|--|--|--|---|---|---|
| <p>Week One Will begin on the following weeks:</p> <p>August 22 (Wed) September 10 October 1 October 22</p> | <p>Mini Corn Dogs & Fries (C)</p> <p>Taco Stick (B)</p> <p>Yogurt, Cheese & Crackers (V)</p> | <p>Beef Steak, Mashed Potatoes, Gravy & WG Roll (B)</p> <p>Deli Combo Sandwich (V,T)</p> <p>Chimi Nada (V)</p> | <p>Cheese Lasagna & WG Garlic Bread (V)</p> <p>Chef Salad & WG Roll (V)</p> <p>Corn Dog (C)</p> | <p>Chicken Nachos (C)</p> <p>Deli Sandwich (T)</p> <p>Bean & Cheese Burrito (V)</p> | <p>Pizza Day!</p> <p>Domino's Smart Slice Cheese (V) or Pepperoni (P)</p> <p>Macaroni Salad</p> <p>Mini Rice Krispy Treat</p> |
| <p>Week Two Will begin on the following weeks:</p> <p>August 27 September 17 October 8</p> | <p>Spicy Chicken Sandwich (C)</p> <p>Yogurt, Cheese & Crackers (V)</p> <p>Taco Pocket (T)</p> | <p>Spaghetti with Meat Sauce (B)</p> <p>Tuna Panini Sandwich (F)</p> <p>Spicy Chimi Nada (V)</p> | <p>Philly Cheese Steak Sandwich (B)</p> <p>Chef Salad & WG Roll (V)</p> <p>Corn Dog (C)</p> | <p>Teriyaki Chicken & WG Rice (C)</p> <p>Deli Sandwich (V,T)</p> <p>Corn Dog (C)</p> | <p>Pizza Day!</p> <p>Domino's Smart Slice Cheese (V) or Pepperoni (P)</p> <p>Pasta Salad</p> <p>Mini Rice Krispy Treat</p> |
| <p>Week Three Will begin on the following weeks:</p> <p>September 4 (Tues) September 24 October 15</p> | <p>Chili Cheese Dog (B)</p> <p>Pizza Nada (T)</p> <p>Yogurt, Cheese & Crackers (V)</p> | <p>Chicken Nuggets & Fries (C)</p> <p>Grilled Cheese Sandwich (V)</p> <p>Deli Combo Sandwich (V, T)</p> | <p>Mac & Cheese (V)</p> <p>Chef Salad & WG Roll (V,T)</p> <p>Corn Dog (C)</p> | <p>BBQ Drumstick, Corn & Tatar Tots (C)</p> <p>Deli Combo Sandwich (V,T)</p> <p>Mini Cheeseburger Twins (B)</p> | <p>Pizza Day!</p> <p>Domino's Smart Slice Cheese (V) or Pepperoni (P)</p> <p>Potato Salad</p> <p>Mini Rice Krispy Treat</p> |

Welcome Back to School!

Important dates to remember:

- Aug 22 – First day of school
- Sep 3 – Labor Day Holiday
- Sep 27 – No school. Staff Development Day
- Oct 4 – 2016-17 Meal Applications Expire

Featuring Fall Apples: Apple Oatmeal

Makes 36 tastes at ¼ cup each

Ingredients:

- 3 large apples, cored
- 3 cups quick cooking oats
- ½ tablespoon ground cinnamon
- 3/8 teaspoon salt
- 5¼ cups 100% apple juice
- Small cups and spoons

Instructions

1. Chop apples into bite-sized chunks.
2. Combine apple chunks, oats, cinnamon, salt, and apple juice in a large microwave-safe bowl. Cover bowl with lid or plastic wrap. Leave a little opening for steam to get out.
3. Microwave on high for 3-4 minutes, stirring once after 2 minutes.
4. Stir and let cool 1 minute before serving.

Nutrition information per serving:

Calories: 52, Carbohydrate 11 g, Dietary Fiber 1 g, Protein 1 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 26 mg
Adapted from: *Kids...Get Cookin'!*, Network for a Healthy California—Children's Power Play! Campaign, 2009

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

Rethink Your Drink

Offer water, 100% juice, or fat-free milk when kids are thirsty