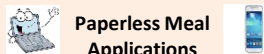


FALL BREAKFAST MENU 2018-19

KATHERINE SMITH NO COST BREAKFAST IN THE CLASSROOM



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: 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

Rethink Your Drink

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

	Monday Lunes	Tuesday Martes	Wednesday Miercoles	Thursday Jueves	Friday Viernes
<p>Week One Will begin on the following weeks: August 22 (Wed) September 10 October 1 October 22</p>	Honey Nut Cheerio Cereal & WG Honey Graham Crackers	WG Bagel & Lite Cream Cheese	RS Frosted Flakes Cereal & WG Cinnamon Mini Gripz	WG Mini Maple Pancakes	WG Banana Chocolate Chip Bar
	100% Apple Juice	Banana	100% Fruit Juice	Fresh Apple Slices	Raisins
	1% White or FF Chocolate Milk	1% White or FF Chocolate Milk	1% White or FF Chocolate Milk	1% White or FF Chocolate Milk	1% White or FF Chocolate Milk
<p>Week Two Will begin on the following weeks: August 27 September 17 October 8</p>	RS Cocoa Puffs Cereal & WG Animal Crackers	WG Pop Tart & Lite String Cheese	RS Trix Cereal & WG Chocolate Elf Grahams	WG Blueberry Muffin Top	Yogurt & Scooby Cinnamon Grahams
	100% Fruit Punch	Craisins	100% Apple Juice	Strawberry Cup	Fresh Apple Slices
	1% White or FF Chocolate Milk	1% White or FF Chocolate Milk	1% White or FF Chocolate Milk	1% White or FF Chocolate Milk	1% White or FF Chocolate Milk
<p>Week Three Will begin on the following weeks: September 4 (Tues) September 24 October 15</p>	Frosted Mini Wheats Cereal & Honey Graham Crackers	WG Buttermilk Twin Bars	RS Cinnamon Toast Crunch Cereal & Animal Crackers	WG Mini Cinnamon Waffles	WG Pop Tart & String Cheese
	100% Apple Juice	Raisins	100% Fruit Juice	Fresh Sliced Apples	Craisins
	1% White or FF Chocolate Milk	1% White or FF Chocolate Milk	1% White or FF Chocolate Milk	1% White or FF Chocolate Milk	1% White or FF Chocolate Milk

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