



Apply online anytime for Free & Reduced Price Meals at [www.heartlandapps.com](http://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](http://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](http://www.eesd.org/cns)*



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

# FALL BREAKFAST MENU 2018-19

DOVE HILL, HOLLY OAK, LEYVA, MONTGOMERY, QUIMBY & OB WHALEY

**Meal Prices**  
Full Price \$2.00  
Reduced \$0.20

	Monday Lunes	Tuesday Martes	Wednesday Miercoles	Thursday Jueves	Friday Viernes
<b>Week One</b> Will begin on the following weeks: August 22 (Wed) September 10 October 1 October 22	WG Mini Cinnamon Waffles  Breakfast Cereal & Graham Crackers	WG Pop Tart & String Cheese  Breakfast Cereal & Graham Crackers	Trix Cereal Bar & Lite Cheese Stick  Breakfast Cereal & Graham Crackers	WG Bagel & Lite Cream Cheese  Breakfast Cereal & Graham Crackers	WG Chocolate Chip Muffin  Breakfast Cereal & Graham Crackers
<b>Week Two</b> Will begin on the following weeks: August 27 September 17 October 8	WG Mini Maple Pancakes  Breakfast Cereal & Graham Crackers	WG Banana Chocolate Chip Bar  Breakfast Cereal & Graham Crackers	Breakfast Burrito  Breakfast Cereal & Graham Crackers	WG Pop Tart & Lite String Cheese  Breakfast Cereal & Graham Crackers	WG Cinnamon Roll  Breakfast Cereal & Graham Crackers
<b>Week Three</b> Will begin on the following weeks: September 4 (Tues) September 24 October 15	WG Blueberry Muffin Top  Breakfast Cereal & Graham Crackers	Yogurt & WG Cinnamon Scooby Grahams  Breakfast Cereal & Graham Crackers	Triple Berry French Toast  Breakfast Cereal & Graham Crackers	WG Buttermilk Twin Bars  Breakfast Cereal & Graham Crackers	Breakfast Burrito  Breakfast Cereal & Graham Crackers

### 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