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<http://evergreen.schoollunchapp.com>



FALL BULLDOG CAFE MENU 2019-20

GARDEN SALAD BAR OFFERED DAILY

	Monday Lunes	Tuesday Martes	Wednesday Miercoles	Thursday Jueves	Friday Viernes	
<p>Week One Will begin on the following weeks: August 21 (Wed) September 9 September 30</p>	Lasagna & WG Garlic Bread (V) Teriyaki Rice Bowl (C) Yogurt, Cheese & Crackers (V)	Salisbury Steak, Mashed Potatoes, Gravy & WG Roll (B) Deli Combo Sandwich (V,T) Cheese Quesadilla (V)	Mini Corn Dogs & Fries (C) Chef Salad & WG Roll (V) Corn Dog (C)	Chicken Nachos (C) Deli Combo Sandwich (T) Bean & Cheese Burrito (V)	Pizza Day! Domino's Smart Slice Cheese (V) or Pepperoni (P) Garden Salad Bar Mini Rice Krispy Treat	
	<p>Week Two Will begin on the following weeks: August 26 September 16 October 7</p>	Spicy Chicken Sandwich (C) Yogurt, Cheese & Granola (V) Taco Pocket (T)	Spaghetti & Meat Balls (B) Tuna Croissant Sandwich (F) Cheese Quesadilla (V)	Chicken & Waffles (C) Chef Salad & WG Roll (V) Corn Dog (C)	Orange Chicken & White Rice (C) Deli Sandwich (V,T) Spicy Chimi Nada (V)	Pizza Day! Domino's Smart Slice Cheese (V) or Pepperoni (P) Garden Salad Bar Mini Rice Krispy Treat
		<p>Week Three Will begin on the following weeks: September 3 (Tues) September 23 October 14</p>	Teriyaki Beef Blasters & Eggroll (B) Pizza Nada (T) Yogurt, Cheese & Crackers (V)	Spicy Chicken Strips & Fries (C) Grilled Cheese Sandwich (V) Deli Combo Sandwich (V, T)	Mac & Cheese (V) Chef Salad & WG Roll (V,T) Teriyaki Rice Bowl (C)	BBQ Drumstick, Corn & Tater Tots (C) Deli Combo Sandwich (V,T) Mini Cheeseburger Twins (B)

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 1/2 CUP OF FRUIT OR VEGETABLE

A La Carte Menu

Milk \$0.75
Water \$0.75
Fruit Juice \$0.75
Whole Grain Crackers \$0.75
Fat Cat Cookies \$0.75
Switch \$1.50

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

Rethink Your Drink

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

Welcome Back to School!

Important dates to remember:

Aug 21 – First day of school
Sep 2 – Labor Day Holiday
Sep 26 – No school. Staff Development Day
Oct 3 – 2018-19 Meal Applications Expire

Featuring Fall Apples: Apple Oatmeal

Makes 36 tastes at 1/4 cup each

Ingredients:

3 large apples, cored
3 cups quick cooking oats
1/2 tablespoon ground cinnamon
3/8 teaspoon salt
5 1/4 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
Garden Salad Bar
Whole Grain Snacks