

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 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
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.

No Cost

FALL BREAKFAST IN THE CLASSROOM 2019-20 Universal Free – Katherine Smith

| | Monday Lunes | Tuesday Martes | Wednesday Miercoles | Thursday Jueves | Friday Viernes |
|---|--|--|--|---|---|
| Week One Will begin on the following weeks: August 21 (Wed) September 9 September 30 | Banana Chocolate Chunk Bar Apple Slices 100% Fruit Juice Choice of Milk | Bear Paw Banana 100% Fruit Juice Choice of Milk | Cinnamon Toasters Cereal & Elf Grahams Strawberry Cup 100% Fruit Juice Choice of Milk | Mini Pancakes Grapes 100% Fruit Juice Choice of Milk | Beef Sausage Sandwich Whole Peach 100% Fruit Juice Choice of Milk |
| Week Two Will begin on the following weeks: January 22 (Tues) February 11 March 11 | Bagel & Cream Cheese Apple Slices 100% Fruit Juice Choice of Milk | Mini Cinnis Banana 100% Fruit Juice Choice of Milk | Frosted Flakes Cereal & Animal Crackers Peach Mango Cup 100% Fruit Juice Choice of Milk | Mini Waffles Grapes 100% Fruit Juice Choice of Milk | Whole Grain Muffin Whole Apple 100% Fruit Juice Choice of Milk |
| Week Three Will begin on the following weeks: September 3 (Tues) September 23 October 14 | Mini French Toast Apple Slices 100% Fruit Juice Choice of Milk | Buttermilk Twin Bars Banana 100% Fruit Juice Choice of Milk | Trix Cereal & Scooby Doo Grahams Mixed Berry Cup 100% Fruit Juice Choice of Milk | Pancake & Turkey Sausage Mini Wraps Grapes 100% Fruit Juice Choice of Milk | Breakfast Grilled Cheese with Turkey Bacon Peach Cup 100% Fruit Juice Choice of Milk |

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

SPECIAL MENU DAYS

AUG 21 – GRILLED CHEESE & ALL AMERICAN BURGER
AUG 22 – CHEESY PULL APARTS & PEPPERONI PIZZA PIE
AUG 23 – PIZZA PACK & CHICKEN AND RICE BURRITO
AUG 30 – WELCOME BACK APPLE COOKIE DAY
SEP 20 – CHERRY LIME EMOJI
FRUIT FREEZE DAY

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 0g, Cholesterol 0 mg, Sodium 26 mg
Adapted from: *Kids...Get Cookin'!*, Network for a Healthy California—Children's Power Play! Campaign, 2009

What Makes a Complete Breakfast?

Students can decline 1 item. At least 1/2 cup of the fruit component must be selected to be complete



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

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.

A school breakfast consists of the following three food components:

1. Fruits
2. Grains (or optional meats/meat alternate)
3. Choice of Milk