### Fall Breakfast in the Classroom 2019-20

**Universal Free – Katherine Smith**

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

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### Vegetarian Options

Check in with your Super Lunch Lady at your school site for the vegetarian entrée of the day.

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### What Makes a Complete Lunch?

USDA requires that a student select a minimum of 3 different components:

- **Fruit**
- **Vegetable**
- **Grain**
- **Milk**

*A COMPLETE LUNCH MUST INCLUDE ¼ CUP OF FRUIT OR VEGETABLE*

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### 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.

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### Special Menu Days

- **Aug 21**: American Burger
- **Aug 22**: Cheesy Pull Apart & Pepperoni Pizza Pie
- **Aug 23**: Pizza Pack & Chicken and Rice Burrito
- **Aug 29**: Welcome Back Apple Cookie Day
- **Sep 2**: Cherry Lime Emoji Fruit Freeze Day

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### 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.

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### A Meatless Monday

Customized to the elementary school audience, the Meatless Monday campaign is designed to reduce the number of meat products served at school meals.

**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

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### Free & Reduced Price Meals

Apply online anytime for Free & Reduced Price Meals at www.cafoodfacts.org.

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### Contact Information

**For CalFresh information, call 1-877-847-3663.** Visit www.CaChampionsForChange.net for healthy tips.

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### Nutrition Information per Serving:

- Calories: 52
- Total Fat 0 g
- Saturated Fat 0 g
- Trans Fat 0 g
- Cholesterol 0 mg
- Sodium 26 mg
- Carbohydrate 11 g
- Dietary Fiber 1 g
- Protein 1 g

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### Apple Oatmeal

**Ingredients:**
- 3 large apples, cored
- 3 cups quick cooking oats
- ½ cup each 100% apple juice
- ¾ cup unsweetened applesauce
- 1 tsp ground cinnamon
- 1 tsp brown sugar

**Instructions:**
1. Chop apples into bite-sized chunks.
2. Combine apple chunks, oats, cinnamon, brown sugar, and apple juice in a large microwave-safe bowl. Cover bowl with lid or plastic wrap.
3. Microwave on high for 3-4 minutes, stirring once after 2 minutes.
4. Stir and let cool 1 minute before serving.

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### A School Breakfast

Consists of the following three food components:

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

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### Vegetarian Options

Available Daily!

Check in with your Super Lunch Lady at your school site for the vegetarian entrée of the day.