### CHABOYA FALL MENU 2019

Student favorites served daily in addition to the featured entrees listed: Berry Yogurt Parfait (V), Bean Burrito (V) Deli Sandwich (T), and Galaxy Pizza(V)

#### Welcome Back to School!
**Important dates to remember:**
- Aug 21 – First day of school
- Sep 2 – Labor Day Holiday
- Sep 26 – Staff Development Day
- Oct 3 – 2018-19 Meal Applications

**Expire**
- Oct 3 – 2018-19 Meal Applications

#### Pay Online for School Meals
- Everyone Loves a Line that Moves!
- Parents are encouraged to prepare 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. Please note: No credit is extended at the middle schools.
- **Please review the full Meal Charging Policy at:** [www.eesd.org/cns](http://www.eesd.org/cns)

#### Vegetarian Options
- Available Daily!
- Check in with your Super Lunch Lady at your school site for the vegetarian entree of the day.

#### 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

- **Non-Fat Chocolate Milk** $0.75
- **Low-Fat White Milk** $0.75
- **1% Low-Fat White Milk** $0.75
- **Water** $0.75
- **100% Fruit Juice** $0.75
- **2% Milk** $0.75
- **5% Low-Fat White Milk** $0.75
- **Whole Grain Snacks** $0.75
- **Whole Grain Desserts** $0.75
- **Seasonal Fruit Cup** $1.00
- **Frozen Novelties** $1.00
- **Coffee** $1.00
- **Bakery Items** $1.50
- **Soft Drinks** $1.50

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

#### Nutrition information per serving:
- Calories: 52, Carbohydrate 11 g, Protein 1 g, Cholesterol 0 mg, Sodium 26 mg
- Fat 0 g, Dietary Fiber 1 g, Calories 280

#### Menu Key
- (V) Vegetarian
- (C) Chicken
- (B) Beef
- (P) Pork
- (T) Turkey

#### Available choices to go with menu items:
- **Non-Fat Chocolate Milk**
- 1% Low-Fat White Milk
- 100% Fruit Juice
- Seasonal Fresh Fruit
- Baby Carrots & Ranch Tossed Garden Salad
- Whole Grain Snacks

#### Week One
- **Will begin on the following weeks:**
  - August 21 (Wed)
  - September 9
  - September 30

<table>
<thead>
<tr>
<th>Monday Lunes</th>
<th>Tuesday Martes</th>
<th>Wednesday Miercoles</th>
<th>Thursday Jueves</th>
<th>Friday Viernes</th>
</tr>
</thead>
<tbody>
<tr>
<td>BBQ Chicken, Corn &amp; Aloha Roll (C)</td>
<td>Orange Chicken Rice Bowl (C)</td>
<td>Domino’s Cheese (V or Pepperoni) Pepperoni Stuffed Sandwich (T)</td>
<td>Szechuan Chicken &amp; Fried Rice (C)</td>
<td>Big Daddy Pizza (V or T)</td>
</tr>
<tr>
<td>Beef Taco Stick (B)</td>
<td>Chili Cheese Dog (B, C)</td>
<td>Yogurt, Cheese &amp; Crackers (V)</td>
<td>Pasta and Meat Sauce (B)</td>
<td>All American Cheeseburger (B)</td>
</tr>
<tr>
<td>Chicken Nuggets &amp; Fries (T)</td>
<td>Spicy Chicken Sandwich (T)</td>
<td>Mini Corn Dogs &amp; Fries (C)</td>
<td>Breadstick Bites &amp; Marinara (V)</td>
<td>Breadstick Bites &amp; Marinara (V)</td>
</tr>
</tbody>
</table>

**Pizza Day!**

#### Week Two
- **Will begin on the following weeks:**
  - August 26
  - September 16
  - October 7

<table>
<thead>
<tr>
<th>Monday Lunes</th>
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<th>Wednesday Miercoles</th>
<th>Thursday Jueves</th>
<th>Friday Viernes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Crispy Popcorn Chicken Mashed Potato Bowl (C)</td>
<td>Teriyaki Chicken &amp; Chow Mein (C)</td>
<td>Domino’s Cheese (V or Pepperoni) Pepperoni Stuffed Sandwich (T)</td>
<td>Orange Chicken Rice Bowl (C)</td>
<td>Buffalo Chicken Bites &amp; Fries (C)</td>
</tr>
<tr>
<td>Macaroni &amp; Cheese (V)</td>
<td>Cheeseburger Twins (B)</td>
<td>Yogurt, Cheese &amp; Crackers (V)</td>
<td>Teriyaki Chicken Sliders (C)</td>
<td>All American Cheeseburger (B)</td>
</tr>
<tr>
<td>Chicken Nuggets &amp; Fries (C)</td>
<td>Spicy Chicken Sandwich (C)</td>
<td>Mini Corn Dogs &amp; Fries (C)</td>
<td>Breadstick Bites &amp; Marinara (V)</td>
<td>Breadstick Bites &amp; Marinara (V)</td>
</tr>
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**Pizza Day!**

#### Week Three
- **Will begin on the following weeks:**
  - September 3 (Tues)
  - September 23
  - October 14

<table>
<thead>
<tr>
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<th>Thursday Jueves</th>
<th>Friday Viernes</th>
</tr>
</thead>
<tbody>
<tr>
<td>BBQ Chicken, Corn &amp; Aloha Roll (C)</td>
<td>Szechuan Chicken &amp; Fried Rice (C)</td>
<td>Domino’s Cheese (V or Pepperoni) Pepperoni Stuffed Sandwich (T)</td>
<td>Teriyaki Chicken &amp; Chow Mein (C)</td>
<td>Big Daddy Pizza (V or T)</td>
</tr>
<tr>
<td>Taco Nadas (V or T)</td>
<td>Pepperoni Stuffed Sandwich (T)</td>
<td>Yogurt, Cheese &amp; Crackers (V)</td>
<td>Cheeseburger Twins (B)</td>
<td>All American Cheeseburger (B)</td>
</tr>
<tr>
<td>Chicken Nuggets &amp; Fries (C)</td>
<td>Spicy Chicken Sandwich (C)</td>
<td>Mini Corn Dogs &amp; Fries (C)</td>
<td>Breadstick Bites &amp; Marinara (V)</td>
<td>Breadstick Bites &amp; Marinara (V)</td>
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**Pizza Day!**

#### 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.

#### A La Carte Menu

- **Apple Oatmeal**
  - **Ingredients:**
    - 3 large apples, cored
    - 3 cups quick cooking oats
    - ½ teaspoon ground cinnamon
    - 3/8 teaspoon salt
    - 5% cups 100% apple juice
    - Small cups and spoons
  - **Non-Fat Chocolate Milk**
  - **1% Low-Fat White Milk**
  - **2% Milk**
  - **100% Fruit Juice**
  - **5% Low-Fat White Milk**
  - **Water**
  - **Whole Grain Snacks**
  - **Whole Grain Desserts**
  - **Seasonal Fruit Cup**
  - **Frozen Novelties**
  - **Coffee**
  - **Bakery Items**
  - **Soft Drinks**

#### Availability
- **Monday Lunes**
  - BBQ Chicken, Corn & Aloha Roll (C)
  - Beef Taco Stick (B)
  - Chicken Nuggets & Fries (T)

- **Tuesday Martes**
  - Orange Chicken Rice Bowl (C)
  - Chili Cheese Dog (B, C)
  - Spicy Chicken Sandwich (T)

- **Wednesday Miercoles**
  - Domino’s Cheese (V or Pepperoni) Pepperoni Stuffed Sandwich (T)
  - Yogurt, Cheese & Crackers (V)

- **Thursday Jueves**
  - Szechuan Chicken & Fried Rice (C)
  - Pasta and Meat Sauce (B)
  - Mini Corn Dogs & Fries (C)

- **Friday Viernes**
  - Big Daddy Pizza (V or T)
  - All American Cheeseburger (B)
  - Breadstick Bites & Marinara (V)

####MenuItem descriptions
- **Fruit**
  - 100% Apple Juice

- **Vegetable**
  - Baby Carrots & Ranch Tossed Garden Salad

- **Protein**
  - Big Daddy Pizza

- **Grain**
  - Breadstick Bites & Marinara (V)

- **Milk**
  - Non-Fat Chocolate Milk

#### Additional details
- **Menu Prices Full Price $3.50 Reduced $0.40**

#### Vegetarian Options
- Available Daily!
  - Berry Yogurt Parfait (V)
  - Bean Burrito (V)
  - Deli Sandwich (T)
  - Galaxy Pizza (V)

#### Rethink Your Drink
- Offer water, 100% juice, or fat-free milk when kids are thirsty