

Paperless Meal Applications
 Apply online anytime for Free & Reduced Price Meals at www.heartlandapps.com

Meal Prices
 Full Price \$2.00
 Reduced \$0.20

FALL BREAKFAST MENU 2019-20

Dove Hill, Holly Oak, Montgomery, OB Whaley, Leyva*, Quimby Oak*

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

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 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.

	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 or Honey Scooters Cereal & Graham Crackers	Bear Paw or Frosted Flakes Cereal & Animal Crackers	Breakfast Burrito or Cinnamon Toasters Cereal & Elf Grahams	Mini Pancakes or Marshmallow Mateys Cereal & Belly Bear Grahams	Beef Sausage Sandwich or Honey Graham Toasters & Scooby Doo Grahams
Week Two Will begin on the following weeks: January 22 (Tues) February 11 March 11	Bagel & Cream Cheese or Berry Colossal Crunch Cereal & Chocolate Bear Grahams	Mini Cinnis or Trix Cereal & Chocolate Bear Grahams	Breakfast Rolled Taco or Frosted Flakes Cereal & Animal Crackers	Mini Waffles or Honey Scooters Cereal & Bug Bite Grahams	Whole Grain Muffin or Marshmallow Mateys Cereal & Belly Bear Grahams
Week Three Will begin on the following weeks: September 3 (Tues) September 23 October 14	Mini French Toast or Cocoa Puffs Cereal & Animal Crackers	Buttermilk Twin Bars or Berry Colossal Crunch Cereal & Chocolate Bear Grahams	Chorizo Sunrise Stick or Frosted Flakes Cereal & Chocolate Elf Graham	Pancake & Turkey Sausage Mini Wraps or Cinnamon Toasters Cereal & Graham Crackers	Breakfast Grilled Cheese with Turkey Bacon or Trix Cereal & Scooby Doo Grahams

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 ¼ cup each
Ingredients:
 3 large apples, cored
 3 cups quick cooking oats
 ½ tablespoon ground cinnamon
 ¾ 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 0g, Cholesterol 0 mg, Sodium 26 mg
 Adapted from: *Kids...Get Cookin'!*, Network for a Healthy California—Children's Power Play! Campaign, 2009

*Breakfast Burritos are served as a daily student favorite at middle schools

What makes a Complete Breakfast?

A school breakfast consists of the following three food components:

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

Student can decline 1 item and 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.

Available choices to go with menu items:
 Non-Fat Chocolate Milk
 1% Low-Fat White Milk
 100% Fruit Juice
 Variety fresh & canned fruits
 Whole Grain Grahams