



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.



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

FALL ELEMENTARY LUNCH MENU 2019

Lunch Meal Prices
Full Price \$3.50
Reduced \$0.40

	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	Grilled Cheese Sandwich (V) Beef Taco Stick (B)	Cheesy Pull Apart (V) Pizza Nada (T)	Macaroni & Cheese (V) All American Burger (B)	Cheese Enchiladas (V) Pepperoni Pizza Pie (T)	Build Your Own Pizza Pack (V) Chicken Little Sliders (C)
Week Two Will begin on the following weeks: August 26 September 16 October 7	Cheese & Green Chile Quesadilla (V) Pepperoni Pizza Pie (B, T)	Cheese Pizza (V) Turkey Taco Nada (T)	Soybutter Sandwich (V) Double Dogs (C)	Cheese Calzone (V) BBQ Beef Rib Sandwich (B)	Cheese Pizza Pie (V) Beef & Cheese Lasagna (B)
Week Three Will begin on the following weeks: September 3 (Tues) September 23 October 14	Bean & Cheese Burrito (V) Corn Dog (C)	Garden Burger Twins (V) Pepperoni Pizza (P)	French Bread Cheese Pizza (V) Sloppy Joe Nada (T)	Chimi Nada (V) Cheeseburger Twins (B)	Sicilian Cheese Slice (V) Chili Cheese Dog (B, T)

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 1/2 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
- Tossed Garden Salad
- Variety fresh & canned fruits
- Baby Carrots
- Whole Grain Snacks