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LATE WINTER BREAKFAST IN THE CLASSROOM 2018-19

UNIVERSAL FREE

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

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.

	Monday Lunes	Tuesday Martes	Wednesday Miercoles	Thursday Jueves	Friday Viernes
Week One Will begin on the following weeks: Jan 14 (Tues) February 4 March 4 March 25	Oatmeal Butterscotch Bar & String Cheese Applesauce Cup 100% Fruit Juice Milk	Fruit Loops Cereal Sports Bites Grahams Banana 100% Fruit Juice Milk	Blueberry Muffin Mixed Fruit Cup 100% Fruit Juice Milk	HOT BREAKFAST Chorizo Breakfast Wrap Apple Slices 100% Fruit Juice Milk	Frosted Flakes Chocolate Bear Grahams Whole Orange 100% Fruit Juice Milk
Week Two Will begin on the following weeks: January 22 (Tues) February 11 March 11	Pan Dulce Apple Slices 100% Fruit Juice Milk	Honey Chex Cereal Bug Bite Grahams Banana 100% Fruit Juice Milk	Apple Mini Breakfast Bites Peach Cup 100% Fruit Juice Milk	HOT BREAKFAST Peach Pancake Bowl 100% Fruit Juice Milk	Trix Cereal Apple Cinnamon Bear Grahams Applesauce Cup 100% Fruit Juice Milk
Week Three Will begin on the following weeks: January 28 February 25 March 18	Mini Muffin & String Cheese Raisins 100% Fruit Juice Milk	Cinnamon Toast Crunch Cereal Scooby Doo Grahams Banana 100% Fruit Juice Milk	Bagel & Cream Cheese Apple Slices 100% Fruit Juice Milk	HOT BREAKFAST Cinnamon Glazed French Toast Sticks Mixed Berry Cup 100% Fruit Juice Milk	Cocoa Puff Cereal Animal Crackers Whole Apple 100% Fruit Juice Milk

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

Important dates to remember:
January 21 – Martin Luther King Jr. Holiday
Feb 18 – 22 – President's Break

Featuring Winter Grapefruit: Citrus Salad

Makes 4 servings. 2 cups per serving.

Prep time: 10 minutes

Ingredients:

- 5 cups chopped salad greens
- 1 large orange, peeled and sectioned
- 1 medium pink or red grapefruit, peeled and sectioned
- 1/2 cup chopped red onion
- 1 cup thinly sliced radishes
- 1/4 cup sliced almonds
- 2 tablespoons light sesame dressing
- 2 tablespoons 100% orange juice

Instructions

- Place salad greens in a large bowl.
- Combine all ingredients with salad greens.
- Toss ingredients together. Serve immediately.

Nutrition information per serving:
Calories 136, Carbohydrate 21 g, Dietary Fiber 5 g, Protein 4 g, Total Fat 6 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 112 mg

Adapted from: *Soulful Recipes: Building Healthy Traditions, Network for a Healthy California*, 2009.

A school breakfast consists of the following three food components:

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