### CHABOYA GRAB & GO
#### LATE WINTER BREAKFAST MENU 2019-20

**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**
- **Grain**
- **Milk**

**A COMPLETE LUNCH MUST INCLUDE A ¼ 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.

### Vegetarian Options
Available Daily!

### 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.

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### Week One
Will begin on the following weeks:
- **January 21 (Tues) February 10 March 9**

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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</thead>
<tbody>
<tr>
<td>Lunes</td>
<td>Martes</td>
<td>Miercoles</td>
<td>Jueves</td>
<td>Viernes</td>
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<tr>
<td>Mini Powdered Donuts or Honey Scooters Cereal &amp; Graham Crackers</td>
<td>Double Chocolate Muffin Top or Frosted Flakes Cereal &amp; Animal Crackers</td>
<td>Yogurt &amp; Granola or Cinnamon Toasters Cereal &amp; Elf Grahas</td>
<td>Mini Cinnis or Marshmallow Mateys Cereal &amp; Belly Bear Grahas</td>
<td>Buttermilk Twin Bars or Honey Graham Toasters &amp; Birthday Cake Grahas</td>
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### Week Two
Will begin on the following weeks:
- **January 27 February 24 March 16**

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<thead>
<tr>
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<td>Viernes</td>
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<tr>
<td>Cereal Bar &amp; String Cheese or Berry Colossal Crunch Cereal &amp; Chocolate Bear Grahas</td>
<td>Cinnamon Roll or Trix Cereal &amp; Sport Bites Grahas</td>
<td>Apple Breakfast Bites or Frosted Flakes Cereal &amp; Animal Crackers</td>
<td>Banana Chocolate Chunk Bar or Honey Scooters Cereal &amp; Bug Bite Grahas</td>
<td>Bear Paw or Alpha Bits Cereal &amp; Strawberry Grahas</td>
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</tbody>
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### Week Three
Will begin on the following weeks:
- **February 3 March 2 March 23**

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<thead>
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<td>Viernes</td>
</tr>
<tr>
<td>Mini Chocolate Donuts or Cocoa Puffs Cereal &amp; Animal Crackers</td>
<td>Bagel with Cream Cheese or Berry Colossal Crunch Cereal &amp; Chocolate Bear Grahas</td>
<td>Cinnamon Bun Crunchmania or Frosted Flakes Cereal &amp; Chocolate Elf Grahas</td>
<td>Blueberry Muffin &amp; String Cheese or Trix Cereal &amp; Scooby Doo Grahas</td>
<td></td>
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</tbody>
</table>

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

### 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.**

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### 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 Grains

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### Important dates to remember:
- **Jan 20** – Martin Luther King Jr. Holiday
- **Feb 17 – 21** – President’s Break
- **Mar 30** – Cesar Chavez Day, No School

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### Free & Reduced Price Meals
- **Monday, January 21 – Friday, March 20, 2019**

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