### Late Winter Breakfast Menu 2019-20

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

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

**Free/Reduced Price Meals**
- Apply online anytime for Free & Reduced Price Meals at [www.heartlandapps.com](http://www.heartlandapps.com).

**Paperless Meal Applications**
- Apply online anytime for Free & Reduced Price Meals at [www.heartlandapps.com](http://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](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. 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](http://www.eesd.org/cns).

**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

### What Makes a Complete Lunch?
- USDA requires that a student select a minimum of 3 different components:
  - Protein
  - Grain
  - Vegetable
  - Fruit
  - Milk

### A La Carte Menu
- Milk $0.75
- Water $0.75
- Fruit Juice $0.75
- Whole Grain Crackers $0.75

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

### 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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### Weekly Menu

<table>
<thead>
<tr>
<th>Week One</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Will begin on the following weeks:</td>
<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 Grahams</td>
<td>Mini Cinnis or Marshmallow Mateys Cereal &amp; Belly Bear Grahams</td>
<td>Breakfast Toast with Egg &amp; Turkey Bacon or Honey Graham Toasters &amp; Birthday Cake Grahams</td>
</tr>
<tr>
<td>January 21 (Tues)</td>
<td>February 10</td>
<td>March 9</td>
<td>March 12</td>
<td>March 14</td>
<td>March 15</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Week Two</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Will begin on the following weeks:</td>
<td>Cereal Bar &amp; String Cheese or Berry Colossal Crunch Cereal &amp; Chocolate Bear Grahams</td>
<td>Mini Pancake Sausage Wraps or Chorizo Sunrise Stick</td>
<td>Banana Chocolate Chunk Bar or Honey Scooters Cereal &amp; Bug Bite Grahams</td>
<td>Bear Paw or Alpha Bits Cereal &amp; Strawberry Grahams</td>
<td></td>
</tr>
<tr>
<td>January 27</td>
<td>February 24</td>
<td>March 16</td>
<td>March 19</td>
<td>March 20</td>
<td>March 21</td>
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<tr>
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<tbody>
<tr>
<td>Will begin on the following weeks:</td>
<td>Sausage Breakfast Burrito or Cocoa Puffs Cereal &amp; Animal Crackers</td>
<td>Bagel with Cream Cheese or Berry Colossal Crunch Cereal &amp; Chocolate Bear Grahams</td>
<td>Grilled Cheese with Bacon or Frosted Flakes Cereal &amp; Chocolate Elf Graham</td>
<td>Mini Waffles or Cinnamon Toasters Cereal &amp; Sports Bites Grahams</td>
<td>Blueberry Muffin &amp; String Cheese or Tux Cereal &amp; Scooby Doo Grahams</td>
</tr>
<tr>
<td>February 3</td>
<td>March 2</td>
<td>March 19</td>
<td>March 21</td>
<td>March 22</td>
<td>March 23</td>
</tr>
</tbody>
</table>

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### Citrus Salad
- **Ingredients:**
  - 2 cups per serving.
- **Nutrition information per serving:**
  - Cholesterol 0 mg, Sodium 112 mg
  - Saturated Fat 1 g, Trans Fat 0 g, Fat 6 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.

### Instructions
- 1. Place salad greens in a large bowl.
- 2. Combine all ingredients with salad greens.

### Citrus Salad
- **Prep time:** 10 minutes

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### Recipes
- **Citrus Salad**
  - **Instructions:**
  - 1. Place salad greens in a large bowl.
  - 2. Combine all ingredients with salad greens.

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### 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

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**This institution is an equal opportunity provider and employer. Menu is subject to change without notice.**