



Paperless Meal Applications

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



LATE WINTER ELEMENTARY BREAKFAST 2018-19

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

Important dates to remember:

January 21 – Martin Luther King Jr. Holiday
Feb 18 – 22 – President's Break

	Monday Lunes	Tuesday Martes	Wednesday Miercoles	Thursday Jueves	Friday Viernes
Week One Will begin on the following weeks: Jan 14 February 4 March 4 March 25	Glazed French Toast Sticks or Honey Chex Cereal & Keebler Gripz	Egg & Ham Tac-Go or Cocoa Puffs Cereal & Animal Crackers	Oatmeal Butterscotch Bar & String Cheese or Cinnamon Flakes Cereal & Elf Grahams	Mini Pancakes or Fruit Loops Cereal & Sports Bites Grahams	Blueberry Muffin or Honey Nut Cheerios & Scooby Doo Grahams
Week Two Will begin on the following weeks: January 22 (Tues) February 11 March 11	Chorizo Breakfast Wrap or Marshmallow Mateys Cereal & Strawberry Waffle Graham	Mini Waffles or Frosted Flakes Cereal & Chocolate Bear Grahams	Pan Dulce or Cinnamon Toast Crunch & Jurassic World Grahams	Turkey Ham, Egg & Cheese Sandwich or Honey Nut Cheerios & Bug Bite Grahams	Apple Mini Breakfast Bites or Fruit Loops Cereal & Vanilla Bear Grahams
Week Three Will begin on the following weeks: January 28 February 25 March 18	Peach Pancake Bowl or Honey Nut Cheerios & Animal Crackers	Breakfast Burrito or Trix Cereal & Apple Cinnamon Bear Grahams	Mini Muffin & String Cheese or Frosted Flakes Cereal & Chocolate Elf Graham	Mini Donuts or Cinnamon Toast Crunch & Sport Bites Grahams	Bagel & Cream Cheese or Marshmallow Mateys Cereal & Graham Cracker

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
- ½ cup chopped red onion
- 1 cup thinly sliced radishes
- ¼ cup sliced almonds
- 2 tablespoons light sesame dressing
- 2 tablespoons 100% orange juice

Instructions

1. Place salad greens in a large bowl.
2. Combine all ingredients with salad greens.
3. 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.

Available choices to go with menu items:

- Non-Fat Chocolate Milk
- 1% Low-Fat White Milk
- 100% Fruit Juice
- Sliced Apples
- Assorted Fresh, Dried or Canned Fruit
- Whole Grain Grahams



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.



The Child Nutrition Services Dept. can be reached at (408) 223-4500, Mon-Fri, 7:30am - 4:00pm

*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

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.