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

# LATE WINTER ELEMENTARY LUNCH MENU 2018-19

## 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)



## 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

**MENU KEY**  
(V) Vegetarian  
(C) Chicken  
(B) Beef  
(P) Pork  
(T) Turkey

## Rethink Your Drink

Water is usually easiest on the wallet. You can often save money by drinking water from the tap at home or when eating out.

	Monday Lunes	Tuesday Martes	Wednesday Miercoles	Thursday Jueves	Friday Viernes
<b>Week One</b> Will begin on the following weeks: Jan 14 February 4 March 4 March 25	Macaroni & Cheese (V)  Breaded Chicken Mini Twins (C)  Corn Applesauce Cup	Sicilian Cheese Pizza Slice (V)  Turkey & Cheese Croissant Sandwich (T)  Celery Sticks Peach Cup	Chimi Nada (V)  All American Burger (B)  Side Salad Raisins	Grilled Cheese Sandwich (V)  Chili Cheese Dog (B, C, P)  Cucumbers & Tomatoes Mixed Fruit Cup	Bean & Cheese Burrito (V)  Pepperoni Pizza Sliders (P)  Veggie Beans Oranges
<b>Week Two</b> Will begin on the following weeks: January 22 (Tues) February 11 March 11	Wild Mike's Cheese Pizza (V)  BBQ Rib Sandwich (B)  Peas Peach Mango Cup	Twice Grilled Cheese Quesadilla (V)  Pizza Nada (T)  Jicama Sticks Banana	Three Cheese Calzone (V)  Beef Taco Stick (B)  Side Salad Craisins	French Bread Cheese Pizza (V)  Double Dogs (C)  Broccoli & Cauliflower Peach Cup	Veggie Burger Mini Twins (V)  Pepperoni Pizza Pie (B, T)  Bean Salad Applesauce Cup
<b>Week Three</b> Will begin on the following weeks: January 28 February 25 March 18	Macaroni & Cheese (V)  Corn Dog (C)  Corn Raisins	Sourdough Grilled Cheese Sandwich (V)  Teriyaki Chicken Rice Bowl (C)  Celery Sticks Peach Cup	Cheese Pizza Pie (V)  Turkey Ham Hoagie Sandwich (T)  Side Salad Whole Pear	Stuffed Broccoli & Cheese Croissant (V)  Cheeseburger Mini Twins (B)  Cucumbers & Tomatoes Mixed Fruit Cup	Build Your Own Pizza Pack (V)  Taco Nada (T)  Veggie Beans Whole Apple

**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
- 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

- 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.

*Available choices to go with menu items:*

- Non-Fat Chocolate Milk
- 1% Low-Fat White Milk
- 100% Fruit Juice
- Sliced Apples
- Baby Carrots & Ranch
- Whole Grain Snacks