

**USDA extends free meals to all 18 & under!**

Free meals for all now through June 30, 2021!

Help your school receive funding. Apply online for Free & Reduced Price Meals at [SchoolLunchApp.com](http://SchoolLunchApp.com)

**There will be no payments accepted at the school sites during Grab & Go service.**

**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 anytime at: [www.myschoolbucks.com](http://www.myschoolbucks.com)



# NOVEMBER DISTANCE LEARNING BREAKFAST MENU 2020

	Monday Lunes	Tuesday Martes	Wednesday Miercoles	Thursday Jueves	Friday Viernes
<b>Week of:</b> Nov 2	Pancake Griddle Sandwich Juice Milk	Bagel & Cream Cheese Peach Cup Milk	Blueberry Muffin Raisins Milk	Honey Scooters Seasonal Fruit Milk	Mini Cinnis Juice Milk
<b>Week of:</b> Nov 9	Whole Grain Pop-Tart & String Cheese Juice Milk	Breakfast Rolled Taco Applesauce Milk	Veteran's Day Holiday	Marshmallow Mateys Sliced Apples Milk	Buttermilk Twin Bars Juice Milk
<b>Week of:</b> Nov 16	Egg & Salsa Breakfast Burrito Juice Milk	Cinnamon Glazed French Toast Apricot Cup Milk	Staff Inservice Day	Frosted Flakes Seasonal Fruit Milk	Chocolate Muffin Juice Milk
<b>Week of:</b> Nov 23	Thanksgiving Break				
<b>Week of:</b> Nov 30	Peach Pancake Bowl Milk	Chorizo Sunrise Stick White Peach Pop Milk	Breakfast Tea Bread Craisins Milk	Honey Scooters Seasonal Fruit Milk	Egg & Turkey Sausage Breakfast Burrito Juice Milk

## Grab & Go Meals

Grab & Go meals are served cold for you to heat in the convenience of your own home. Eat when you want!

**Breakfast will include:**

- Main entrée
- 1% or Fat Free White Milk
- Fresh, dried, canned fruit or 100% fruit juice



**Practice Good Food Safety!**

Lunches are intended to be eaten immediately or should be stored in the refrigerator within 1 hour. Please discard any leftovers within 3 days.

Cook all hot foods to at least 165° F. Be sure to remove any foil before placing in the microwave. Hot foods should be kept hot (> 135°F) and cold foods cold (sandwiches, milk, fruit, vegetables < 41°F). Bon appetit!

Did you know? We serve whole grain, low fat and reduced sodium items whenever possible?

### 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**

**CURBSIDE OR WALK-UP DELIVERY**



Available at all 16 schools. Children need not be present to receive a meal. Check with the site for exact times and pick up location.



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

Menu is subject to change without notice.

### What makes a Complete Breakfast?

A school breakfast consists of the following three food components:

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

*Your safety is our priority!*

Please help us continue our efforts to ensure safety for all. Face masks and social distancing are required at all times.