

USDA extends free meals to all 18 & under!

However to avoid a lapse in benefits after Jan 1, 2021, apply online today!

Apply online for Free & Reduced Price Meals at 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



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 1/2 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

OCTOBER DISTANCE LEARNING BREAKFAST MENU 2020

NO COST Universal Free

| | Monday Lunes | Tuesday Martes | Wednesday Miercoles | Thursday Jueves | Friday Viernes |
|---------------------------|---|--|--|---|---|
| Week of: Oct 5 | Egg, Ham & Cheese Tac-Go Juice Milk | Apple Breakfast Bites Peach Cup Milk | Frosted Flakes Craisins Milk | Beef Sausage Bagel Sandwich Seasonal Fruit Milk | Honey Breakfast Bun Juice Milk |
| Week of: Oct 12 | Pancake Mini Wraps Juice Milk | Breakfast Toast Applesauce Milk | Honey Nut Cheerios Raisins Milk | Breakfast Burrito Sliced Apples Milk | Banana Chocolate Chunk Bar Juice Milk |
| Week of: Oct 19 | Cinnamon Waffles Juice Milk | Bear Claw Apricot Cup Milk | Marshmallow Mateys Craisins Milk | Strawberry Crisp Bar Seasonal Fruit Milk | Egg, Ham & Cheese Tac-Go Juice Milk |
| Week of: Oct 26 | Breakfast Burrito Juice Milk | Muffin Applesauce Milk | Frosted Flakes Raisins Milk | Apple Breakfast Bites Sliced Apples | Manager's Choice Juice Milk |

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

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!

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.

This institution is an equal opportunity provider and employer.

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