

**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](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)

**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

# OCTOBER DISTANCE LEARNING LUNCH MENU 2020

**NO COST Universal Free**

	Monday Lunes	Tuesday Martes	Wednesday Miercoles	Thursday Jueves	Friday Viernes
<b>Week of:</b> Sep 28	French Toast & Scrambled Egg Patty Potato Wedges Craisins Milk	Bean & Cheese Burrito Peas & Carrots Juice Milk	Cheeseburger Twins Baby Carrots Seasonal Fruit Milk	Pizza Nada Coleslaw Applesauce Cup Rice Krispie Treat Milk	Chicken Nuggets & Oven Fries Veggie Dippers Sliced Apples Milk
<b>Week of:</b> Oct 5	Teriyaki Beef Blasters & Chow Mein w/ Mixed Veggies Raisins Milk	Taco Stick Green Beans Juice Goldfish Crackers Milk	Turkey & Cheese Hoagie Baby Carrots Seasonal Fruit Milk	Grilled Cheese Romaine Salad Applesauce Cup Zoo Crackers Milk	Spicy Red Chili Chicken Tamale Veggie Dippers Sliced Apples Milk
<b>Week of:</b> Oct 12	Skillet Omelet & Blueberry Muffin Potato Wedges Craisins Milk	Cheeseburger Twins Baby Carrots Juice Goldfish Pretzels Milk	Cheese Pizza Romaine Salad Seasonal Fruit Milk	Corn Dog Veggie Dippers Sliced Peaches Milk	Gardenburger Shredded Lettuce Sliced Apples Cheese Its Milk
<b>Week of:</b> Oct 19	Chicken Nuggets & Sweet Potato Fries That's It Fruit Bar Goldfish Crackers Milk	BBQ Rib Sandwich Crinkle Cut Fries Juice Milk	Deli Turkey Sandwich Shredded Lettuce Seasonal Fruit Rice Krispie Treat Milk	Breaded Chicken Sliders Romaine Salad Sliced Pears Milk	Salisbury Steak, Corn & Dinner Roll Sliced Apples Milk
<b>Week of:</b> Oct 26	Cheese Lasagna Green Beans Raisins Cheese Its Milk	Cheese & Green Chili 'Dilla Baby Carrots Spicy Peach Mango Salsa Juice Milk	All American Burger Baby Carrots Seasonal Fruit Milk	Double Dogs Veggie Dippers Fruit Mix Milk	Mini Chicken Tacos Shredded Lettuce Sliced Apples Goldfish Pretzels Milk

**Menu is subject to change without notice.**

**Healthy Tip!**

During TV commercials, have a push-up or sit-up contest with your child.

**Grab & Go Meals**

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

**Lunch will include:**



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

**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](http://www.CaChampionsForChange.net) for healthy tips.