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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: No credit is extended at the middle schools. Please review the full Meal Charging Policy at: [www.eesd.org/cns](http://www.eesd.org/cns)*



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**

**A La Carte Menu**

- Fruit Juice \$0.75
- Milk \$0.75
- Water 16.9oz \$0.75
- Fruit Roll-Ups \$0.75
- Pop-Tarts \$0.75
- Whole Grain Snacks \$0.75
- Whole Grain Desserts \$0.75
- Seasonal Fruit Cup \$1.00
- Frozen Novelties \$1.00
- Breakfast Entrees \$1.75
- Izze Beverages \$1.50
- Switch Smoothies \$1.50
- Lunch Entrees \$2.50



**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

\*Pizza Day offerings do not include student favorites except yogurt parfait.

# QUIMBY LATE WINTER LUNCH MENU 2018-19

Student favorites served daily in addition to the featured entrees listed:  
Berry Yogurt Parfait (V), Bean Burrito (V) Deli Sandwich (T), and Big Daddy Pizza(V or T)



Meal Prices  
Full Price \$3.50  
Reduced \$0.40

**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
<b>Week One</b> Will begin on the following weeks:  Jan 14 February 4 March 4 March 25	Beef Tornados & Homemade Salsa (B)  Teriyaki Chicken Sliders (C)  Chicken Nuggets & Oven Fries (C)	<b>Pizza Day!*</b> Domino's Cheese (V) or Pepperoni (P) Smart Slice  Yogurt, Cheese & Crackers (V)	Lemongrass Chicken Rice Bowl (C)  Chili Cheese Dog (B, C)  Spicy Chicken Sandwich (C)	Szechuan Chicken Rice Bowl (C)  Turkey & Cheese Croissant Sandwich (T)  Mini Corn Dogs & Oven Fries (C)	Tomato Soup & Grilled Cheese (V)  All American Cheeseburger (B)  Breadstick Bites & Marinara (V)
<b>Week Two</b> Will begin on the following weeks:  January 22 (Tues) February 11 March 11	Macaroni & Cheese (V)  Beef Taco Stick (B)  Chicken Nuggets & Oven Fries (C)	<b>Pizza Day!*</b> Domino's Cheese (V) or Pepperoni (P) Smart Slice  Corn Dog (C)	Teriyaki Chicken Rice Bowl (C)  Cheeseburger Twins (B)  Spicy Chicken Sandwich (C)	Orange Chicken Rice Bowl (C)  Teriyaki Chicken Sliders (C)  Mini Corn Dogs & Fries (C)	Fish & Chips  All American Cheeseburger (B)  Breadstick Bites & Marinara (V)
<b>Week Three</b> Will begin on the following weeks:  January 28 February 25 March 18	Beef Tornados & Homemade Salsa (B)  Taco Nadas (V or T)  Chicken Nuggets & Oven Fries (C)	<b>Pizza Day!*</b> Domino's Cheese (V) or Pepperoni (P) Smart Slice  Yogurt, Cheese & Crackers (V)	Szechuan Chicken Rice Bowl (C)  Pepperoni Stuffed Sandwich (T)  Spicy Chicken Sandwich (C)	Lemongrass Chicken Rice Bowl (C)  Cheeseburger Twins (B)  Mini Corn Dogs & Fries (C)	Cheese Lasagna & Garlic Bread (V)  Breaded Chicken Mini Twins (C)  Breadstick Bites & Marinara (V)

**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  
1/2 cup chopped red onion  
1 cup thinly sliced radishes  
1/4 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: *Souful Recipes: Building Healthy Traditions, Network for a Healthy California*, 2009.

**Healthy Tip!**  
Go for a walk or jog in the morning to jump-start the brain.

*Available choices to go with menu items:*  
Non-Fat Chocolate Milk  
1% Low-Fat White Milk  
100% Fruit Juice  
Salad Bar with Seasonal Fruit & Veggies  
Whole Grain Snacks