**QUIMBY LATE WINTER LUNCH MENU 2019-20**

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

<table>
<thead>
<tr>
<th>Monday Lunes</th>
<th>Tuesday Martes</th>
<th>Wednesday Miercoles</th>
<th>Thursday Jueves</th>
<th>Friday Viernes</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Week One</strong></td>
<td>Will begin on the following weeks:</td>
<td><strong>Pizza Day</strong></td>
<td><strong>Pizza Day</strong></td>
<td><strong>Pizza Day</strong></td>
</tr>
<tr>
<td>January 21 (Tues)</td>
<td>January 24 (Fri)</td>
<td>Domino’s Cheese (V) or Pepperoni (P) Smart Slice</td>
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</tr>
<tr>
<td>February 10 (Mon)</td>
<td>February 13 (Thu)</td>
<td>Crispy Popcorn Chicken Mashed Potato Bowl (C)</td>
<td>Grilled Italian Melt &amp; Tomato Soup (V)</td>
<td>Grilled Italian Melt &amp; Tomato Soup (V)</td>
</tr>
<tr>
<td>March 9 (Wed)</td>
<td>March 12 (Sat)</td>
<td>Cheeseburger Twins (B)</td>
<td>Taco Twins (B)</td>
<td>Cheeseburger Twins (B)</td>
</tr>
<tr>
<td><strong>Week Two</strong></td>
<td>Will begin on the following weeks:</td>
<td><strong>Pizza Day</strong></td>
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</tr>
<tr>
<td>January 27 (Tues)</td>
<td>January 30 (Fri)</td>
<td>Hawaiian Beef Saimin (B)</td>
<td>Teriyaki Chicken Rice Bowl (C)</td>
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</tr>
<tr>
<td>February 24 (Mon)</td>
<td>February 27 (Thu)</td>
<td>Beef Taco Stick (B)</td>
<td>Double Dogs (C)</td>
<td>Double Dogs (C)</td>
</tr>
<tr>
<td>March 16 (Wed)</td>
<td>March 19 (Sat)</td>
<td>Chicken Nuggets &amp; Oven Fries (C)</td>
<td>Spicy Chicken Sandwich (C)</td>
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</tr>
<tr>
<td><strong>Week Three</strong></td>
<td>Will begin on the following weeks:</td>
<td><strong>Pizza Day</strong></td>
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<tr>
<td>February 3 (Tues)</td>
<td>February 6 (Fri)</td>
<td>Cheese Garlic Flatbread (V)</td>
<td>Szechuan Chicken Rice Bowl (C)</td>
<td>Beef Lasagna &amp; Garlic Bread (V)</td>
</tr>
<tr>
<td>March 2 (Mon)</td>
<td>March 7 (Sat)</td>
<td>Taco Nadas (V or T)</td>
<td>Pepperoni Stuffed Sandwich (T)</td>
<td>All American Cheeseburger (B)</td>
</tr>
<tr>
<td>March 23 (Wed)</td>
<td>March 26 (Sat)</td>
<td>Chicken Nuggets &amp; Oven Fries (C)</td>
<td>Spicy Chicken Sandwich (C)</td>
<td>Breadstick Bites &amp; Marinara (V)</td>
</tr>
</tbody>
</table>

*Pizza Day offerings include pizza, salad & hoagie sandwiches only.

**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.

**Important dates to remember:**
- Jan 20 – Martin Luther King Jr. Holiday
- Feb 17 – President’s Break
- Mar 30 – Cesar Chavez Day, No School

**Available choices to go with menu items:**
- Non-Fat Chocolate Milk
- 1% Low-Fat White Milk
- 100% Fruit Juice
- Seasonal Fresh Fruit
- Baby Carrots & Ranch
- Tossed Garden Salad
- Whole Grain Snacks

**Pay Online for School Meals**
Everyone loves a line that moves!
Parents are encouraged to pay for meals. Parents can make a pre-payment safely & securely at: www.myschoolbucks.com.

**Paperless Meal Applications**
Apply online anytime for Free & Reduced Price Meals at www.heartlandapps.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

**A La Carte Menu**
- Fruit Juice $0.75
- Milk $0.75
- Water 16.9 oz $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
- Seasonal Fresh Fruit

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**Free & Reduced Price Meals**
Parents are encouraged to prepay for their meals. 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.

**Applications**

**Pay Online for School Meals**
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.

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