

### End of Year Reminders

No credit will be extended the last 2 weeks of school. Please make sure you pay cash, check or have money on your account. Balances, positive or negative, will carry over to the next school year. Are you moving or need a balance returned? Please contact the CNS office for more information.



# SPRING BREAKFAST IN THE CLASSROOM MENU 2018-2019

**No Cost**

### 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 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: 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](http://www.eesd.org/cns)*



### 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**

### A La Carte Menu

Milk \$0.75  
Water \$0.75  
Fruit Juice \$0.75  
Whole Grain Crackers \$0.75  
No credit is extended for a la carte purchases.



### Paperless Meal Applications

Apply online anytime for Free & Reduced Price Meals at [www.heartlandapps.com](http://www.heartlandapps.com)



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
- (F) Fish

### What Makes a Complete Breakfast?

Students can decline 1 item. At least 1/2 cup of the fruit component must be selected to be complete

	Monday Lunes	Tuesday Martes	Wednesday Miercoles	Thursday Jueves	Friday Viernes
<b>Week One</b> Will begin on the following weeks:  April 1 April 29 May 20 June 10	Honey Chex Cereal & Bug Bites Grahams  Applesauce Cup 100% Fruit Juice Milk	Buttermilk Twin Bars  Banana 100% Fruit Juice Milk	Trix Cereal & Cinnamon Bear Grahams  Apple Slices 100% Fruit Juice Milk	<b>HOT BREAKFAST</b>  Wild Mike's WG Cheese Bread Stick  Craisins 100% Fruit Juice Milk	Apple Zings Cereal & Sound Bites  Apple Slices 100% Fruit Juice Milk
<b>Week Two</b> Will begin on the following weeks:  April 8 May 6 May 28 (Tues)	Cinnamon Toaster Cereal & Scooby Doo Grahams  Apple Slices 100% Fruit Juice Milk	Mini Muffin & String Cheese  Banana 100% Fruit Juice Milk	Cocoa Puff Cereal & Animal Crackers  Mixed Berry Cup 100% Fruit Juice Milk	<b>HOT BREAKFAST</b>  Mini Maple Waffle  Raisins 100% Fruit Juice Milk	Marshmallow Mateys & Chocolate Elf Grahams  Apple Slices 100% Fruit Juice Milk
<b>Week Three</b> Will begin on the following weeks:  April 15 May 13 June 3	Froot Loops Cereal & Sports Bites Grahams  Craisins 100% Fruit Juice Milk	Bagel & Cream Cheese  Banana 100% Fruit Juice Milk	Frosted Flakes Cereal & Chocolate Bear Grahams  Apple Slices 100% Fruit Juice Milk	<b>HOT BREAKFAST</b>  Mini Pancake Sausage Sandwich  Whole Orange 100% Fruit Juice Milk	Honey Scooters Cereal & Honey Graham Crackers  Peach Fruit Cup 100% Fruit Juice Milk

### Important dates to remember:

April 19-26 – Spring Break  
 May 27 – Memorial Day Holiday  
 June 13 – Last Day of School

### Featuring Spring Berries Berry Banana Split

**Makes 1 serving.**

**Prep time:** 5 minutes

#### Ingredients:

- 1 small banana, peeled
- ½ cup low-fat vanilla yogurt
- 1 tablespoon low-fat granola
- ½ cup sliced strawberries (fresh or frozen)

#### Instructions

1. Cut banana in half lengthwise.
2. Spoon yogurt into a bowl.
3. Place banana halves on both sides of yogurt.
4. Top yogurt with granola and berries. Serve.

*Nutrition information per serving:*

Calories 259, Carbohydrate 55 g, Dietary Fiber 5 g, Protein 8 g, Total Fat 2 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 6 mg, Sodium 98 mg

Adapted from: *Kids...Get Cookin'!*, Network for a Healthy California, 2009.

*A school breakfast consists of the following three food components:*

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