

## 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 MENU 2018-2019

DOVE HILL, HOLLY OAK, MONTGOMERY, OB WHALEY, \*CHABOYA, \*LEYVA & \*QUIMBY

**Meal Prices**  
Full Price \$2.00  
Reduced \$0.20

## Important dates to remember:

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

## 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

	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	Mini French Toast  Or Honey Chex Cereal & Keebler Gripz	Breakfast Burrito  Or Cocoa Puffs & Animal Crackers	Strawberry Pop Tart & String Cheese  Or Cinnamon Flakes Cereal & Elf Grahams	Mini Pancakes  Or Fruit Loops Cereal & Sports Bites Grahams	Blueberry Muffin  Or Honey Scooters & Scooby Doo Snacks
<b>Week Two</b> Will begin on the following weeks:  April 8 May 6 May 28 (Tues)	Breakfast Burrito  Or Marshmallow Mateys Cereal & Strawberry Waffle Graham	Mini Waffles  Or Frosted Flakes & Chocolate Bear Grahams	Danimals Yogurt & Animal Crackers  Or Cinnamon Toaster Cereal & Animal Crackers	Buttermilk Twin Bars  Or Honey Scooter Cereal & Sports Bites Grahams	Mini Pancakes  Or Fruit Loops Cereal & Graham Crackers
<b>Week Three</b> Will begin on the following weeks:  April 15 May 13 June 3	Mini French Toast  Or Honey Scooters & Animal Crackers	Breakfast Burrito  Or Trix Cereal & Apple Cinnamon Bear Grahams	Mini Muffin & String Cheese  Or Frosted Flakes Cereal & Chocolate Elf Grahams	Wild Mike's Mozzarella Cheese Breadstick  Or Cinnamon Toaster Cereal & Sport Bites Grahams	Bagel & Cream Cheese  Or Marshmallow Mateys Cereal & Graham Crackers

\*Breakfast Burritos are served as a daily student favorite at middle schools

## What makes a Complete Breakfast?

A school breakfast consists of the following three food components:

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

Student can decline 1 item and at least 1/2 cup of the fruit component must be selected to be complete

## 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.

*Available choices to go with menu items:*

Non-Fat Chocolate Milk  
1% Low-Fat White Milk  
100% Fruit Juice  
Sliced Apples  
Assorted Fresh, Dried or Canned Fruit  
Whole Grain Grahams