



Apply online anytime for Free & Reduced Price Meals at www.heartlandapps.com

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. 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



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

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

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
(F) Fish

WINTER ELEMENTARY LUNCH MENU 2019

Lunch Meal Prices
Full Price \$3.50
Reduced \$0.40

	Monday Lunes	Tuesday Martes	Wednesday Miercoles	Thursday Jueves	Friday Viernes
Week One Will begin on the following weeks: October 21 November 12 (Tues) December 9 January 13	Cheese Lasagna (V) Teriyaki Chicken Twins (C)	Longboard Cheese Pizza (V) Mini Corn Dogs & Fries (C)	Bean & Cheese Pupusa (V) Pepperoni Calzone (T)	Italian Grilled Cheese Melt (V) Chicken & Waffle (C)	Garden Burger (V) Taco Twins (B)
Week Two Will begin on the following weeks: October 28 November 18 December 16	Cheese Stuffed Pocket (V) Corn Dog (C)	Grilled Bean & Cheese Burrito (V) Chicken Nuggets & Fries (C)	Brunch for Lunch with Veggie Sausage (V) Pizza Nada (T)	Cheese Pizza Pie (V) Teriyaki Beef Blasters & Eggroll (B)	Cheesy Pull-Aparts (V) Salisbury Steak with Mac & Cheese (B)
Week Three Will begin on the following weeks: November 4 December 2 January 6	Cheese Pizza (V) Orange Chicken & Rice (C)	Mini Bagel Pizza Bites (V) Meatball Hoagie Sandwich (B)	Three Cheese Cavatappi Pasta (V) All American Cheeseburger (B)	Grilled Cheese Sandwich (V) BBQ Chicken, Corn & Roll (C)	Cheese 'Dilla (V) Pepperoni Stuffed Sandwich (T)

Important dates to remember:

November 11 – Veteran's Day Holiday
November 20 – Conference Day
Nov 25-29 – Thanksgiving Break
Dec 23-Jan 3 – Winter Break

SPECIAL MENU DAYS

OCT 31 – JACK O' LANTERN COOKIE
NOV 22 – GIVING THANKS ICE CUP
DEC 20 – HOLIDAY WREATH COOKIE
JAN 10 – HAPPY NEW YEAR ICE CUP

Featuring Winter Cabbage: Rainbow Coleslaw

Makes 12 servings.
½ cup per serving.
Prep time: 15 minutes
Ingredients:
2 cups thinly sliced red cabbage
2 cups thinly sliced green cabbage
½ cup chopped yellow or red bell pepper
½ cup shredded carrots
½ cup chopped red onion
½ cup fat free mayonnaise
1 tablespoon red wine vinegar
¼ teaspoon celery seed (optional)
½ cup low-fat Cheddar cheese, cubed

Instructions

- In large bowl, combine vegetables.
- In small bowl, combine mayonnaise, vinegar, and celery seed to make the dressing.
- Pour dressing over the vegetables in large bowl. Toss until well coated.
- Add cheese and serve chilled.

Nutrition information per serving:
Calories 30, Carbohydrate 4 g, Dietary Fiber 1 g, Protein 2 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 2 mg, Sodium 145 mg
Adapted from: *Soulful Recipes: Building Healthy Traditions, Network for a Healthy California, 2008*

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
- Tossed Garden Salad
- Variety fresh & canned fruits
- Baby Carrots
- Whole Grain Snacks