

Paperless Meal Applications
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

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.

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

BREAKFAST IN THE CLASSROOM 2019-20

Universal Free – Katherine Smith Elementary



	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	Honey Breakfast Bun Apple Slices 100% Fruit Juice Choice of Milk	Whole Grain Mini Donuts Banana 100% Fruit Juice Choice of Milk	Honey Nut Scooters Cereal Strawberry Cup 100% Fruit Juice Choice of Milk	Bagel with Strawberry Cream Cheese Grapes 100% Fruit Juice Choice of Milk	Breakfast Burrito Whole Orange 100% Fruit Juice Choice of Milk
Week Two Will begin on the following weeks: October 28 November 18 December 16	Cinnamon Roll Apple Slices 100% Fruit Juice Choice of Milk	Breakfast Tea Bread Banana 100% Fruit Juice Choice of Milk	Frosted Flakes Cereal Applesauce Cup 100% Fruit Juice Choice of Milk	Birthday Cake Nutrition Bar Grapes 100% Fruit Juice Choice of Milk	Pancake & Sausage Griddle Sandwich Raisins 100% Fruit Juice Choice of Milk
Week Three Will begin on the following weeks: November 4 December 2 January 6	Apple Breakfast Bites Apple Slices 100% Fruit Juice Choice of Milk	Frudel Strudel Banana 100% Fruit Juice Choice of Milk	Marshmallow Mateys Cereal Craisins 100% Fruit Juice Choice of Milk	Crumb Cake Square Grapes 100% Fruit Juice Choice of Milk	Mini Bagel Sausage Sandwich Whole Pear 100% Fruit Juice Choice of Milk

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

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.
1/2 cup per serving.
Prep time: 15 minutes

Ingredients:
2 cups thinly sliced red cabbage
2 cups thinly sliced green cabbage
1/2 cup chopped yellow or red bell pepper
1/2 cup shredded carrots
1/2 cup chopped red onion
1/2 cup fat free mayonnaise
1 tablespoon red wine vinegar
1/4 teaspoon celery seed (optional)
1/2 cup low-fat Cheddar cheese, cubed

Instructions
1. In large bowl, combine vegetables.
2. In small bowl, combine mayonnaise, vinegar, and celery seed to make the dressing.
3. Pour dressing over the vegetables in large bowl. Toss until well coated.
4. 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*

A school breakfast consists of the following three food components:

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

This institution is an equal opportunity provider and employer. Menu is subject to change without notice. For CalFresh information, call 1-877-847-3663. Visit www.CaChampionsForChange.net for healthy tips.