### Winter Breakfast Menu 2019-20

**Dove Hill, Holly Oak, Montgomery, OB Whaley, Leyva*, Quimby Oak***

<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></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Will begin on the following weeks:</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>October 21</td>
<td>Honey Breakfast Bun or Honey Scooters Cereal &amp; Graham Crackers</td>
<td>Whole Grain Mini Donuts or Cinnamon Toasters Cereal &amp; Elf Grahams</td>
<td>Breakfast Burrito or Cinnamon Toasters Cereal &amp; Elf Grahams</td>
<td>Mini Pancakes or Honey Graham Toasters &amp; Birthday Cake Grahams</td>
</tr>
<tr>
<td>November 12 (Tues)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>December 9</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>January 13</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

| **Week Two** |                |                     |                |               |
| Will begin on the following weeks: |                |                     |                |               |
| October 28 | Cinnamon Roll or Berry Colossal Crunch Cereal & Chocolate Bear Grahams | Breakfast Tea Bread or Trix Cereal & Sport Bites Grahams | Turkey Ham & Cheese on a Hawaiian Roll or Frosted Flakes Cereal & Animal Crackers | Pancake & Sausage Griddle Sandwich or Alpha Bits Cereal & Strawberry Grahams |
| November 18 | | | | |
| December 16 | | | | |

| **Week Three** |                |                     |                |               |
| Will begin on the following weeks: |                |                     |                |               |
| November 4 | Apple Breakfast Bites or Cocoa Puffs Cereal & Animal Crackers | Fruedel Strudel or Berry Colossal Crunch Cereal & Chocolate Bear Grahams | French Toast Sticks or Frosted Flakes Cereal & Chocolate Elf Graham | Mini Bagel Sausage Sandwich or Trix Cereal & Scooby Doo Grahams |
| December 2 | | | | |
| January 6 | | | | |

**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.

**Available choices to go with menu items:**
- Non-Fat Chocolate Milk
- 1% Low-Fat White Milk
- 100% Fruit Juice
- Variety fresh & canned fruits
- Whole Grain Grahams

---

**Vegetarian Options Available Daily!**

Check in with your Super Lunch Lady at your school site for the vegetarian entrée of the day.

---

**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 1/4 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.eesd.org/cns](http://www.eesd.org/cns)

**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). CNS accepts all meal plans:

- Free
- Reduced
- Full Price


---

**Important dates to remember:**

- October 21 – Veteran's Day Holiday
- November 11 – Veteran’s Day Holiday
- November 25-29 – Thanksgiving Break
- Dec 23-Jan 3 – Winter Break