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# WINTER BREAKFAST MENU 2019-20

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

**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

**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 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.

	Monday Lunes	Tuesday Martes	Wednesday Miercoles	Thursday Jueves	Friday Viernes
<b>Week One</b> Will begin on the following weeks:  October 21 November 12 (Tues) December 9 January 13	Honey Breakfast Bun  or  Honey Scooters Cereal & Graham Crackers	Whole Grain Mini Donuts  or  Frosted Flakes Cereal & Animal Crackers	Breakfast Burrito  or  Cinnamon Toasters Cereal & Elf Grahams	Bagel with Strawberry Cream Cheese  or  Marshmallow Matesy Cereal & Belly Bear Grahams	Mini Pancakes  or  Honey Graham Toasters & Birthday Cake Grahams
<b>Week Two</b> Will begin on the following weeks:  October 28 November 18 December 16	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	Birthday Cake Nutrition Bar  or  Honey Scooters Cereal & Bug Bite Grahams	Pancake & Sausage Griddle Sandwich  or  Alpha Bits Cereal & Strawberry Grahams
<b>Week Three</b> Will begin on the following weeks:  November 4 December 2 January 6	Apple Breakfast Bites  or  Cocoa Puffs Cereal & Animal Crackers	Frudel Strudel  or  Berry Colossal Crunch Cereal & Chocolate Bear Grahams	French Toast Sticks  or  Frosted Flakes Cereal & Chocolate Elf Graham	Crumb Cake Square  or  Cinnamon Toasters Cereal & Sports Bites Grahams	Mini Bagel Sausage Sandwich  or  Trix Cereal & Scooby Doo Grahams

\*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



The Child Nutrition Services Dept. can be reached at (408) 223-4500, Mon-Fri, 7:30am -4:00pm

**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

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: *Souful Recipes: Building Healthy Traditions, Network for a Healthy California, 2008*

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

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](http://www.CaChampionsForChange.net) for healthy tips.