



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: No credit is extended at the middle schools. 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 1/2 CUP OF FRUIT OR VEGETABLE

A La Carte Menu

- Fruit Juice \$0.75
- Milk \$0.75
- Water 16.9oz \$0.75
- Fruit Roll-Ups \$0.75
- Pop-Tarts \$0.75
- Whole Grain Snacks \$0.75
- Whole Grain Desserts \$0.75
- Seasonal Fruit Cup \$1.00
- Frozen Novelties \$1.00
- Breakfast Entrees \$1.75
- Switch Beverages \$1.50
- Lunch Entrees \$2.50



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

*Pizza Day offerings include pizza, salad & parfait only.

CHABOYA FALL MENU 2019

Student favorites served daily in addition to the featured entrees listed: **Berry Yogurt Parfait (V), Bean Burrito (V) Deli Sandwich (T), and Galaxy Pizza(V)**



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: August 21 (Wed) September 9 September 30	BBQ Chicken, Corn & Aloha Roll (C) Beef Taco Stick (B) Chicken Nuggets & Fries (T)	Orange Chicken Rice Bowl (C) Chili Cheese Dog (B, C) Spicy Chicken Sandwich (T)	Pizza Day!* Domino's Cheese (V) or Pepperoni (P) Smart Slice Yogurt, Cheese & Crackers (V)	Szechuan Chicken & Fried Rice (C) Pasta and Meat Sauce (B) Mini Corn Dogs & Fries (C)	Big Daddy Pizza (V or T) All American Cheeseburger (B) Breadstick Bites & Marinara (V)
Week Two Will begin on the following weeks: August 26 September 16 October 7	Crispy Popcorn Chicken Mashed Potato Bowl (C) Macaroni & Cheese (V) Chicken Nuggets & Fries (C)	Teriyaki Chicken & Chow Mein (C) Cheeseburger Twins (B) Spicy Chicken Sandwich (C)	Pizza Day!* Domino's Cheese (V) or Pepperoni (P) Smart Slice Yogurt, Cheese & Crackers (V)	Orange Chicken Rice Bowl (C) Teriyaki Chicken Sliders (C) Mini Corn Dogs & Fries (C)	Buffalo Chicken Bites & Fries (C) All American Cheeseburger (B) Breadstick Bites & Marinara (V)
Week Three Will begin on the following weeks: September 3 (Tues) September 23 October 14	BBQ Chicken, Corn & Aloha Roll (C) Taco Nadas (V or T) Chicken Nuggets & Fries (C)	Szechuan Chicken & Fried Rice (C) Pepperoni Stuffed Sandwich (T) Spicy Chicken Sandwich (C)	Pizza Day!* Domino's Cheese (V) or Pepperoni (P) Smart Slice Yogurt, Cheese & Crackers (V)	Teriyaki Chicken & Chow Mein (C) Cheeseburger Twins (B) Mini Corn Dogs & Fries (C)	Big Daddy Pizza (V or T) All American Cheeseburger (B) Breadstick Bites & Marinara (V)

Rethink Your Drink

Offer water, 100% juice, or fat-free milk when kids are thirsty

Welcome Back to School!
Important dates to remember:
Aug 21 – First day of school
Sep 2 – Labor Day Holiday
Sep 26 – Staff Development Day
Oct 3 – 2018-19 Meal Applications Expire

Featuring Fall Apples: Apple Oatmeal

Makes 36 tastes at 1/4 cup each

Ingredients:

- 3 large apples, cored
- 3 cups quick cooking oats
- 1/2 tablespoon ground cinnamon
- 3/8 teaspoon salt
- 5 1/2 cups 100% apple juice
- Small cups and spoons

Instructions

1. Chop apples into bite-sized chunks.
2. Combine apple chunks, oats, cinnamon, salt, and apple juice in a large microwave-safe bowl. Cover bowl with lid or plastic wrap. Leave a little opening for steam to get out.
3. Microwave on high for 3-4 minutes, stirring once after 2 minutes.
4. Stir and let cool 1 minute before serving.

Nutrition information per serving:
Calories: 52, Carbohydrate 11 g, Dietary Fiber 1 g, Protein 1 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 26 mg
Adapted from: Kids...Get Cookin'!, Network for a Healthy California—Children's Power Play! Campaign, 2009

Available choices to go with menu items:

- Non-Fat Chocolate Milk
- 1% Low-Fat White Milk
- 100% Fruit Juice
- Seasonal Fresh Fruit
- Baby Carrots & Ranch
- Tossed Garden Salad
- Whole Grain Snacks

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.