

**Free meals continue for all students!**



Help your school receive funding. Apply online for Free & Reduced Price Meals at [www.SchoolLunchApp.com](http://www.SchoolLunchApp.com)

**Pay Online for School Meals - Everyone Loves a Line that Moves!**

Contactless online payments are strongly encouraged for all a la carte purchases

Parents can make a pre-payment safely & securely anytime at: [www.myschoolbucks.com](http://www.myschoolbucks.com)  
Request a balance transfer or refund at [www.eesd.org](http://www.eesd.org)

**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.



# SEPTEMBER LUNCH MENU 2021

	Monday Lunes	Tuesday Martes	Wednesday Miercoles	Thursday Jueves	Friday Viernes
<b>Week of:</b> Aug 30	Cheese Pizza (V)  Turkey Anytimers (T)	Sicilian Calzone (V)  Turkey Taco Nacho Fries (T)	Yogurt, Cheese & Crackers (V)  BBQ Rib Sandwich (B)	Bean & Cheese Chalupa (V)  Rotini & Meat Sauce (B)	Manager's Choice
<b>Week of:</b> Sept 6		Italian Nada (V)  Chicken Nuggets & Fries (C)	Cheesy Pull-Aparts (V)  Double Dogs (C)	Soybutter & Jelly Sandwich (V)  Fiesatada (B)	Galaxy Cheese Pizza (V)  Grilled Chicken Sandwich (C)
<b>Week of:</b> Sept 13	Bean & Cheese Burrito (V)  BBQ Chicken & Aloha Roll (C)	Cheese Pizza Slice (V)  Teriyaki Chicken Twins (C)	Gardenburger (V)  Chicken Empanada (C)	Cheese Quesadilla (V)  Beef Taco Stick (B)	Penne Alfredo (V)  Pepperoni Pizza Sliders (P, B)
<b>Week of:</b> Sept 20	French Toast & Veggie Sausage (V)  Cheeseburger Mini Twins (B)	Mini Cheese Bagel Pizzas (V)  Turkey Taco Nada (T)	Mac & Cheese (V) Mini Corn Dogs & Fries (C)	Cheese Calzone (V) Salisbury Steak, Veggies & Roll (B)	Grilled Cheese (V)  Orange Chicken & Rice (C)
<b>Week of:</b> Sept 27	Cheese Raviolis (V)  Turkey & Cheese Sandwich (T)	Chimi Nada (V)  Maple Chicken Bites & Waffle (C)	Longboard Cheese Pizza (V) Classic Hamburger (B)	Cheese Croissant (V) Protein Pack & Crackers (T)	Garlic Cheese French Bread (V) Cheeseburger Mac (B)



**CHILD NUTRITION SERVICES**  
EVERGREEN SCHOOL DISTRICT

Child Nutrition Services can be reached at (408) 223-4500, Monday-Friday, 7:30am -4:00pm



**Important dates to remember:**



**Aug 18:** First day of school  
**Sep 6:** Labor Day Holiday  
**Sept:** P-EBT benefits for school age kids start arriving by mail  
[Find out more about P-EBT at capandemic-ebt.org](http://capandemic-ebt.org)

**Available choices to go with menu items:**

Non-Fat Chocolate Milk  
1% Low-Fat White Milk  
100% Fruit Juice  
Variety fresh & canned fruits  
Variety fresh & hot veggies  
Baby Carrots  
Whole Grain Snacks

**Menu is subject to change without notice.**

**MENU KEY**  
(V) Vegetarian  
(C) Chicken  
(B) Beef  
(P) Pork  
(T) Turkey  
(F) Fish

This institution is an equal opportunity provider and employer.  
For CalFresh information, call 1-877-847-3663.  
Visit [www.CaChampionsForChange.net](http://www.CaChampionsForChange.net) for healthy tips.

