

Free meals continue for all students!



Help your school receive funding. Apply online for Free & Reduced Price Meals at 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
Request a balance transfer or refund at www.eesd.org

NO COST
Universal Free

OCTOBER BREAKFAST MENU 2021

Chaboya, Holly Oak, K. Smith, Leyva, Montgomery, OB Whaley, Quimby Oak



CHILD NUTRITION SERVICES
EVERGREEN SCHOOL DISTRICT

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



What makes a Complete Breakfast?

A school breakfast consists of the following three food components:

1. Fruits (or optional veg)
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



What Makes a Complete Lunch?

USDA requires that a student select a minimum of 3 different components: **Fruit, Vegetable, Protein, Grain, Milk**

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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.



Menu is subject to change without notice.

This institution is an equal opportunity provider and employer.
For CalFresh information, call 1-877-847-3663.
Visit www.CaChampionsForChange.net for healthy tips.

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

	Monday Lunes	Tuesday Martes	Wednesday Miercoles	Thursday Jueves	Friday Viernes
Week of: Sep 27	Mini Pancakes (V) Cereal & Grahams (V)	Bagel & Cream Cheese (V) Cereal & Grahams (V)	Crumb Cake Square (V) Cereal & Grahams (V)	Egg, Cheese & Salsa Burrito (B) Cereal & Grahams (V)	Mini Muffin & String Cheese (V) Cereal & Grahams (V)
Week of: Oct 4	Banana Chocolate Chunk Bar (V) Cereal & Grahams (V)	Beef Sausage Bagel Sandwich (B) Cereal & Grahams (V)	Breakfast Bun (V) Cereal & Grahams (V)	Cinnamon Glazed French Toast (V) Cereal & Grahams (V)	Breakfast Rolled Taco (B) Cereal & Grahams (V)
Week of: Oct 11	Mini Pancakes (V) Cereal & Grahams (V)	Cereal Bar & String Cheese (V) Cereal & Grahams (V)	Buttermilk Twins (V) Cereal & Grahams (V)	No School Staff Development Day	Turkey Sausage Breakfast Burrito (T) Cereal & Grahams (V)
Week of: Oct 18	Breakfast Pizza (B) Cereal & Grahams (V)	Mini Waffles (V) Cereal & Grahams (V)	Mini Cinnis (V) Cereal & Grahams (V)	Turkey Sausage Pancake Wrap (T) Cereal & Grahams (V)	Banana Bread (V) Cereal & Grahams (V)
Week of: Oct 25	Yogurt & Granola (V) Cereal & Grahams (V)	Bacon Breakfast Burrito (P) Cereal & Grahams (V)	Apple Cinnamon Muffin (V) Cereal & Grahams (V)	Mini Cheese Quesadilla (V) Cereal & Grahams (V)	Bagel & Cream Cheese (V) Cereal & Grahams (V)

Important dates to remember:



Sept - Nov: P-EBT benefits for school age kids start arriving by mail. Find out more about P-EBT at capandemic-ebt.org
Oct 14: No School
Nov 11: Veteran's Day Holiday

Available choices to go with breakfast:

Non-Fat Chocolate Milk
1% Low-Fat White Milk
100% Fruit Juice
Variety fresh & canned fruits
Whole Grain Grahams