

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



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.



OCTOBER LUNCH MENU 2021

| | Monday Lunes | Tuesday Martes | Wednesday Miercoles | Thursday Jueves | Friday Viernes |
|---------------------------|--|--|--|--|--|
| Week of: Sep 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) |
| Week of: Oct 4 | Bean & Cheese Burrito (V) Double Dogs (C) | Veggie Chik'n Nuggets & Fries (V) Galaxy Pepperoni Pizza (B, T) | Cheese Pizza (V) Teriyaki Chicken & Brown Rice (C) | Cheesy Breadstick Bites (V) Classic Burger (B) | Soybutter & Jelly Sandwich (V) Chicken Parmesan & Buttered Noodles (C) |
| Week of: Oct 11 | Chimi Nada (V) Mini Corn Dogs & Fries (C) | Skillet Omelet & Blueberry Muffin (V) Pepperoni Calzone (T) | Build Your Own Pizza Pack (V) Cheeseburger Mini Twins (B) | No School Staff Development Day | Deep Dish Cheese Pizza (V) Korean BBQ Chicken & Garlic Noodles (C) |
| Week of: Oct 18 | Cheese Calzone (V) Bacon Cheddar Chicken Sandwich (C, P) | Lil' Nacho Cheese Bites (V) Turkey & Cheese Croissant (T) | Galaxy Cheese Pizza (V) Meatball Sandwich (B) | Cheese Quesadilla (V) Fish Sticks & Fries (F) | Grilled Cheese (V) Turkey, Mashed Potatoes & Gravy (T) |
| Week of: Oct 25 | Green Chile Cheese Enchilada (V) Chicken Little Sliders (C) | Mac & Cheese (V) Mini Chicken Tacos (C) | Grilled Bean, Cheese & Rice Burrito (V) Pancakes & Turkey Sausage (T) | Spicy Black Bean Veggie Burger (V) Pizza Nada (T) | HALLOWEEN LUNCH Cheese Pizza Slice (V) Bat Shaped Chicken Nuggets & Sweet Potato Fries (C) Jack O Lantern Cookie |



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:



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 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.

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

