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**NO COST**  
Universal Free

# DECEMBER 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



**Important dates to remember:**

Dec: Summer P-EBT benefits will be reloaded onto P-EBT 2.0 cards in December. Find out more about P-EBT at [capandemic-ebt.org](http://capandemic-ebt.org)  
Dec 20-31: Winter Break  
Jan 17: MLK Holiday



**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](http://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
<b>Week of:</b> Nov 29	Strawberry Pancake Bowl (V)  Cereal & Grahams (V)	Breakfast Rolled Taco (B)  Cereal & Grahams (V)	Zucchini Bread (V)  Cereal & Grahams (V)	Crumb Cake Square (V)  Cereal & Grahams (V)	Egg & Salsa Burrito (V)  Cereal & Grahams (V)
<b>Week of:</b> Dec 6	Granola Bar & String Cheese (V)  Cereal & Grahams (V)	Turkey Sausage & Pancake on a Stick (T)  Cereal & Grahams (V)	Whole Grain Mini Donuts (V)  Cereal & Grahams (V)	Yogurt & Granola (V)  Cereal & Grahams (V)	Mini Cheese Quesadilla (V)  Cereal & Grahams (V)
<b>Week of:</b> Dec 13	Benefit Bar (V)  Cereal & Grahams (V)	Egg & Bacon Burrito (P)  Cereal & Grahams (V)	Mini Waffles (V)  Cereal & Grahams (V)	Apple Frudel (V)  Cereal & Grahams (V)	Beef Sausage Bagel (B)  Cereal & Grahams (V)
<b>Week of:</b> Dec 20	Winter Break				
<b>Week of:</b> Dec 27	Happy Holidays!				

**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