

**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.



**AUGUST & SEPTEMBER BREAKFAST MENU 2022**

Breakfast is now available at ALL sites!



**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:**

Aug 17: First day of school  
Sep 5: Labor Day Holiday  
Sept: P-EBT 3.0 benefits for school age kids coming soon!  
[Find out more about P-EBT at capandemic-ebt.org](http://capandemic-ebt.org)

	Monday Lunes	Tuesday Martes	Wednesday Miercoles	Thursday Jueves	Friday Viernes
<b>Week of:</b> Aug 15			Pop-Tart & String Cheese (M)	Cereal & Grahams (M)	Blueberry Muffin (M)
<b>Week of:</b> Aug 22	Mini Cinnis (M)	Cereal & Grahams (M)	Benefit Bar (M)	Cereal & Grahams (M)	Egg & Sausage Burrito (T)
<b>Week of:</b> Aug 29	Apple Breakfast Bites (M)	Cereal & Grahams (M)	Beef Sausage Bagel (B)	Cereal & Grahams (M)	Turkey Sausage & Pancake on a Stick (T)
<b>Week of:</b> Sep 5		Cereal & Grahams (M)	Mini Powdered Donuts (M)	Cereal & Grahams (M)	Mini Muffin & String Cheese (M)
<b>Week of:</b> Sep 12	Yogurt & Granola (M)	Cereal & Grahams (M)	Egg & Cheese English Muffin (M)	Cereal & Grahams (M)	Bagel & Cream Cheese (M)
<b>Week of:</b> Sep 19	Bacon Breakfast Burrito (P)	Cereal & Grahams (M)	Pan Dulce (M)	Cereal & Grahams (M)	Cereal Bar & String Cheese (M)
<b>Week of:</b> Sep 26	Mini Pancakes (M)	Cereal & Grahams (M)	Crumb Cake Square (M)	Cereal & Grahams (M)	Egg, Cheese & Salsa Burrito (B)

**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**  
(M) Meatless  
(C) Chicken  
(B) Beef  
(P) Pork  
(T) Turkey  
(F) Fish

**Included with breakfast:**

Entree  
Non-Fat Chocolate Milk or  
1% Low-Fat White Milk  
100% Fruit Juice  
Variety fresh & canned fruits