

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 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. NEW! Look for this to find 100% plant based options.



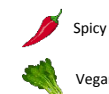
NO COST
Universal Free

AUGUST & SEPTEMBER LUNCH MENU 2022

	Monday Lunes	Tuesday Martes	Wednesday Miercoles	Thursday Jueves	Friday Viernes
Week of: Aug 15			Galaxy Cheese Pizza (M) All American Burger (B)	Cheese Croissant (M) Chicken Empanada (C)	Manager's Choice
Week of: Aug 22	Cheese Calzone (M) Macho Chili Cheese Burrito (B)	Grilled Cheese (M) Pizza Nada (T)	Cheesy Breadstick Bites (M) Grilled Chicken Sandwich (C)	Cheese Enchiladas (M) Meatball Hoagie (B)	Cheese Lasagna (M) Corn Dog (C)
Week of: Aug 29	Cheese Pizza (M) Philly Cheese Pinwheel (B)	Sicilian Pizzaboli (M) Chicken & Rice Burrito (C)	Yogurt, Cheese & Muffin (M) BBQ Rib Sandwich (B)	Bean & Cheese Burrito (M) Pepperoni Pizza (.)	Ciabatta Cheese Melt (M) Teriyaki Chicken & Rice (C)
Week of: Sep 5		Veggie Chik' Nuggets & Fries (M) Pepperoni Calzone (T)	Cheesy Pull-Aparts (M) Double Dogs (C)	Soybutter & Jelly Sandwich (M) Fiesatada (B)	Longboard Cheese Flatbread (M) Chicken Salad Croissant Sandwich (C)
Week of: Sep 12	Bean & Cheese Dip with Tortilla Chips (M) Pepperoni Pizza Sliders (P, B)	Cheese Pizza Slice (M) Fun Fish & Fries (F)	Veggie Burger (M) Turkey Taco Nada (T)	Cheese Quesadilla (M) Italian Combo Hoagie (T)	Penne Alfredo (M) BBQ Chicken & Aloha Roll (C)
Week of: Sep 19	Pancakes & Veggie Sausage (M) Cheeseburger Mini Twins (B)	Mini Cheese Bagel Pizzas (M) Beef Taco Stick (B)	Mac & Cheese (M) Mini Corn Dogs & Fries (C)	Chimi Nada (M) Chili Cheese Dog (C, B)	Grilled Cheese (M) Korean BBQ Chicken & Rice (C)
Week of: Sep 26	Cheese Raviolis (M) Turkey & Cheese Sandwich (T)	Bean & Rice Burrito (M) Chicken Dumpling Stir Fry (C)	Nacho Pretzel Pocket (M) Classic Hamburger (B)	Protein Pack & Crackers (M) Pepperoni Stuffed Sandwich (B, T)	Garlic Cheese French Bread (M) Spaghetti & Meat Sauce (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 for healthy tips.



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



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 17: First day of school
Sep 5: Labor Day Holiday
Sep: P-EBT 3.0 benefits for school age kids coming soon!
Find out more about P-EBT at 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