

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 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



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

	Monday Lunes	Tuesday Martes	Wednesday Miercoles	Thursday Jueves	Friday Viernes
Week of: Oct 3	Oatmeal Chocolate Chunk Bar (M) Cereal & Grahams (M)	Pop-Tart & String Cheese (M) Cereal & Grahams (M)	Bagel & Cream Cheese (M) Cereal & Grahams (M)	Buttermilk Twin Bars (M) Cereal & Grahams (M)	Pancake Sausage Sandwich (P) Cereal & Grahams (M)
Week of: Oct 10	Mini Waffles (M) Cereal & Grahams (M)	Mini Apple Bites (M) Cereal & Grahams (M)	Blueberry Muffin (M) Cereal & Grahams (M)	No School Staff Development Day	Turkey Sausage Breakfast Burrito (T) Cereal & Grahams (M)
Week of: Oct 17	Nutri-Grain Bar & String Cheese (M) Cereal & Grahams (M)	Mini Cinnis (M) Cereal & Grahams (M)	Banana Bread (M) Cinnamon Roll (M)	Oatmeal Raisin Bar (M) Cereal & Grahams (M)	Breakfast Pizza (M) Cereal & Grahams (M)
Week of: Oct 24	Pancake Sausage Sandwich (B) Cereal & Grahams (M)	Pan Dulce (M) Cereal & Grahams (M)	Apple Frudel (M) Cereal & Grahams (M)	Chocolate Chip Muffin Top (M) Cereal & Grahams (M)	Bagel & Chocolate No-Nut Butter (M) Cereal & Grahams (M)
Week of: Oct 31	Whole Grain Donut (M) Cereal & Grahams (M)	French Toast Sticks (M) Cereal & Grahams (M)	Yogurt & Granola (M) Cereal & Grahams (M)	Soft Baked Bar (M) Cereal & Grahams (M)	Egg & Cheese Breakfast Burrito (M) Cereal & Grahams (M)

Important dates to remember:



Sept - Nov: P-EBT 3.0 benefits for school age kids coming soon!
Find out more about P-EBT at capandemic-ebt.org
Oct 13: 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