

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



OCTOBER LUNCH MENU 2022

NO COST
Universal Free

	Monday Lunes	Tuesday Martes	Wednesday Miercoles	Thursday Jueves	Friday Viernes
Week of: Oct 3	Bean & Cheese Burrito (M) Pretzel Dog (C)	Grilled Cheese (M) Galaxy Pepperoni Pizza (B, T)	Southwest Queso Pull-Aparts (M) Beef Taco Stick (B)	Pizzaboli (M) Spicy Chicken Sandwich (C)	Cheese Pizza Slice (M) Turkey Pastrami Hoagie (T)
Week of: Oct 10	Chimi Nada (M) Corn Dog (C)	Build Your Own Pizza Pack (M) Grilled Cheese with Turkey Bacon (T)	Bean & Cheese Chalupa (M) Cheeseburger Mini Twins (B)	No School Staff Development Day	Veggie Penne Pasta (M) Turkey & Cheese Croissant (T)
Week of: Oct 17	Cheese Calzone (M) Cheeseburger (B)	Beans & Cheese with Tortilla Chips (M) Turkey Pepperoni Pinwheel (T)	Galaxy Cheese Pizza (M) Taco Nada (T)	Cheese Quesadilla (M) Chili Cheese Dog (C, B)	Ciabatta Cheese Melt (M) Chicken Taquitos (C)
Week of: Oct 24	Yogurt, Cheese & Muffin (M) Green Chile Chicken Burrito (C)	Cheese Pizza (M) BBQ Rib Sandwich (B)	Bean & Rice Burrito (M) Bagel Dog (C)	Spicy Black Bean Veggie Burger (M) Pizza Nada (T)	Mac & Cheese (M) Fiestada (B)
Week of: Oct 31	HALLOWEEN LUNCH Cheese Pizza Slice (M) Bat Shaped Chicken Nuggets & Sweet Potato Fries (C) Holiday 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 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 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
(M) Vegetarian
(C) Chicken
(B) Beef
(P) Pork
(T) Turkey
(F) Fish

