

## Free meals continue for all students!



Evergreen is a Provision 2 District as of school year 2022-23. CNS will NOT collect or request income information from families in 2023-24. However the District may request new and transfer students complete an Education Benefit Form to help the District receive important funding.

### 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)

**NO COST**  
Universal Free

# AUGUST & SEPTEMBER BREAKFAST MENU 2023

Breakfast is 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

	Monday Lunes	Tuesday Martes	Wednesday Miercoles	Thursday Jueves	Friday Viernes
<b>Week of:</b> Aug 21	Pop-Tart & String Cheese (M) Cereal & Grahams (M)	Blueberry Muffin (M) Cereal & Grahams (M)	Mini Waffles (M) Cereal & Grahams (M)	Chocolate Filled Crescent Roll (M) Cereal & Grahams (M) <b>NEW</b>	Bagel & Cream Cheese (M) Cereal & Grahams (M)
<b>Week of:</b> Aug 28	Mini Cinnis (M) Cereal & Grahams (M)	Chorizo Sunrise Stick (B) Cereal & Grahams (M)	Benefit Bar (M) Cereal & Grahams (M)	Yogurt & Granola Cereal & Grahams (M)	Egg & Cheese Burrito (M) Cereal & Grahams (M)
<b>Week of:</b> Sep 4		Cinnamon Crumb Cake Square (M) Cereal & Grahams (M)	French Toast Sticks (M) Cereal & Grahams (M)	Mini Muffin & String Cheese (M) Cereal & Grahams (M)	Turkey Sausage & Pancake on a Stick (T) Cereal & Grahams (M)
<b>Week of:</b> Sep 11	Apple Breakfast Bites (M) Cereal & Grahams (M)	Fiesta Breakfast Calzone (M) <b>NEW</b> Cereal & Grahams (M)	Whole Grain Glazed Donut (M) Cereal & Grahams (M)	Egg & Salsa Burrito (M) Cereal & Grahams (M)	Mini Pancakes (M) Cereal & Grahams (M)
<b>Week of:</b> Sep 18	Yogurt & Granola (M) Cereal & Grahams (M)	Muffin Top (M) Cereal & Grahams (M)	Egg & Cheese English Muffin (M) Cereal & Grahams (M)	Cinnamon Roll (M) Cereal & Grahams (M)	Bagel Pull-Aparts (M) Cereal & Grahams (M)
<b>Week of:</b> Sep 25	Bacon Breakfast Burrito (P) Cereal & Grahams (M)	Cereal & Grahams (M)	Pan Dulce (M) Cereal & Grahams (M)	Turkey Ham on a Hawaiian Bun (T) Cereal & Grahams (M)	Cereal Bar & String Cheese (M) Cereal & Grahams (M)



### 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**



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

### 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://Find out more about P-EBT at capandemic-ebt.org)

**Additional Choices Available at Breakfast:**  
Non-Fat Chocolate Milk or 1% Low-Fat White Milk  
100% Fruit Juice  
Variety fresh & canned fruits