

OCTOBER LUNCH MENU 2024

Child Nutrition Services can be reached at (408) 223-4500, Monday-Friday, 7:30am -4:00pm



**NO COST
Universal Free
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 2024-25. However the District may request new and transfer students complete an Education Benefit Form to help the District receive important funding.

A La Carte Menu

Milk \$0.75

Water \$1.00

Fruit Juice \$0.75

Whole Grain Crackers \$1.00

No credit is extended for a la carte purchases.

For a la carte purchases, we encourage online payments. Parents can prepay securely at www.myschoolbucks.com and request a transfer or refund at www.eesd.org.

	Monday Lunes	Tuesday Martes	Wednesday Miercoles	Thursday Jueves	Friday Viernes
Week of: October 7	Nacho Pretzel Pocket (M) Mini Chicken Corn Dog (C)	Two Cheese Green Chile Tamale (M) Chicken & Cheese Tamale (C)	Cheese Lasagna (M) Cherry Blossom Chicken & Fried Rice (C)	No School	Pull-Apart Italian Cheese Garlic (M) Rotini Pasta & Meat Sauce (B)
Week of: October 14	Cheese Pinwheel (M) Turkey Pepperoni Pinwheel (T)	Cheese Quesadilla (M) Harvest of the month Chicken & Cheese Quesadilla (C)	Pizzaboli (M) Chicken Stir Fry Rice Bowl (C)	Cheese Calzone (M) Beef Fiestada Sandwich (B)	Mac & Cheese (M) Chicken Empanada (C)
Week of: October 21	Italian Nada (M) Chicken Double Dog (C)	Southwest Queso Pull Apart (M) Chicken Corn Dog (C)	Veggie Dumpling w/ Stir Fry Rice (M) Chicken Dumpling w/ Stir Fry Rice (C)	Bean & Rice Burrito (M) Chicken Tikka Masala & Rice (C) NEW	Mozzarella Sticks & Marinara Sauce (M) Spaghetti w/ Meatballs (B)
Week of: October 28	Veggie Burger (M) Chicken Sandwich (C)	Bean & Cheese Chalupa (M) Beef & Cheese Chalupa (B)	Tikka Masala Chickpea & Rice (M) NEW Mandarin Chicken & Rice (C)	Veggie Nuggets & Fries (M) Holiday Chicken Nuggets & Fries (C) Chilling Bat Ice Orange Cup	Longboard Cheese Pizza (M) Longboard Pepperoni Pizza (P, B)

Look out for our Harvest of the Month.

Grapes



Available choices to accompany menu items:

- Non-fat chocolate milk
- 1% low-fat white milk
- 100% fruit juice
- Variety of fresh & canned fruits
- Variety of fresh & hot veggies
- Baby carrots
- Whole grain snacks

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

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.



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