

**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.



OCTOBER BREAKFAST MENU 2024

Breakfast is available at ALL sites!



	Monday Lunes	Tuesday Martes	Wednesday Miercoles	Thursday Jueves	Friday Viernes
Week of: October 7	PopTart & String Cheese (M) Cereal & Grahams (M)	Chorizo Cheese Bolillo (C) NEW Cereal & Grahams (M)	Pull Apart Soft Mini Bagel (M) Cereal & Grahams (M)	No School	French Toast Sticks (M) Cereal & Grahams (M)
Week of: October 14	Beef Breakfast Pizza (B) NEW Cereal & Grahams (M)	Mini Waffle (M) Cereal & Grahams (M)	Beef Sausage Mini Bagel (B) Cereal & Grahams (M)	Mini Cinnamon Roll (M) Cereal & Grahams (M)	Yogurt & Granola (M) Cereal & Grahams (M)
Week of: October 21	Turkey Pancake Wrap (T) NEW Cereal & Grahams (M)	Oat & Raisin Benefit Bar (M) Cereal & Grahams (M)	Egg & Cheese Wrap (M) Cereal & Grahams (M)	Pancake Maple Sweet Potato (M) NEW Cereal & Grahams (M)	Chocolate Chip Muffin (M) Cereal & Grahams (M)
Week of: October 28	Buttermilk Bar (M) NEW Cereal & Grahams (M)	French Toast w/ Cheesy Egg Bite (M) NEW Cereal & Grahams (M)	Bagel w/ cream cheese (M) Cereal & Grahams (M)	Pumpkin Muffin (M)  Cereal & Grahams (M)	Yogurt & Granola (M) Cereal & Grahams (M)

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

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



Vegetarian Options Available Daily!

Check in with your Super Lunch Lady at your school site for the vegetarian entrée of the day.



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.

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

Additional Choices Available at Breakfast:

Non-Fat Chocolate Milk or 1% Low-Fat White Milk
100% Fruit Juice
Variety fresh & canned fruits