



NOVEMBER BREAKFAST MENU 2024

Breakfast is available at ALL sites!

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.



Additional Choices Available at Breakfast:

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

Vegetarian Options Available Daily!

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

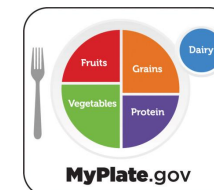


	Monday Lunes	Tuesday Martes	Wednesday Miercoles	Thursday Jueves	Friday Viernes
Week of: November 4	Beef Sausage Breakfast Sandwich (B) Cereal & Grahams (M)	French Toast Sticks (M) Cereal & Grahams (M)	Snack n Waffle (M) Cereal & Grahams (M)	Breakfast Pizza Bagel (M) Cereal & Grahams (M)	Cinnamon Swirl (M) Cereal & Grahams (M)
Week of: November 11	<i>Veterans Day</i> <i>No School</i>	Pop Tart & String Cheese (M) Cereal & Grahams (M)	Mini Pancake (M) Cereal & Grahams (M)	Beef Sausage Mini Bagel (B) Cereal & Grahams (M)	Yogurt & Granola (M) Cereal & Grahams (M)
Week of: November 18	Breakfast Bun (M) Cereal & Grahams (M)	Pull Apart Soft Mini Bagel (M) Cereal & Grahams (M)	<i>Staff PD</i> <i>No School</i>	Orange Concha (M) NEW Cereal & Grahams (M)	Pancake Maple Sweet Potato (M) Cereal & Grahams (M)
Week of: November 25	<i>Thanksgiving Break-No School</i>				

MENU KEY: (M) Meatless (C) Chicken (B) Beef (P) Pork (T) Turkey (F) Fish

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. Child Nutrition Services (CNS) 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 for 2022-23. No income info will be collected in 2024-25. New students may need to complete an Alternative Income Form for 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. We encourage online payments and parents can prepay securely at www.myschoolbucks.com and request a 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 1/2 CUP OF FRUIT OR VEGETABLE