



DECEMBER 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.

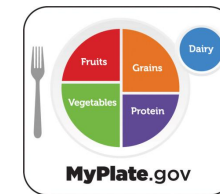


	Monday Lunes	Tuesday Martes	Wednesday Miercoles	Thursday Jueves	Friday Viernes
Week of: December 2	PopTart & String Cheese (M) Cereal & Grahams (M)	Chorizo Cheese Bolillo (C) Cereal & Grahams (M)	Pull Apart Soft Mini Bagel (M) Cereal & Grahams (M)	Buttermilk Bar (M) Cereal & Grahams (M)	French Toast Sticks (M) Cereal & Grahams (M)
Week of: December 9	Turkey Pancake Wrap (T) 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: December 16	Bagel w/ cream cheese (M) Cereal & Grahams (M)	Oat & Raisin Benefit Bar (M) Cereal & Grahams (M)	Egg & Cheese Wrap (M) Cereal & Grahams (M)	Cinnamon French Toast (M) NEW! Cereal & Grahams (M)	Chocolate Chip Muffin (M) Cereal & Grahams (M)
Week of: December 28	<i>Winter Break- No School</i>				
Week of: December 30	<i>Winter 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 ½ CUP OF FRUIT OR VEGETABLE