



EVERGREEN SCHOOL DISTRICT

**Child
Nutrition
Services**



OCTOBER BREAKFAST MENU 2026

Breakfast is available at ALL sites!



Available choices to accompany menu items:

- Non-fat chocolate milk
- 1% lowfat white milk
- 100% fruit juice
- Variety of fresh fruits and vegetables through our salad bar.

Vegetarian Options

Available Daily!

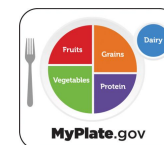
Check in with your school cafeteria staff for the vegetarian entrée of the day.



	Monday Lunes	Tuesday Martes	Wednesday Miercoles	Thursday Jueves	Friday Viernes
Week of: October 5	WG Crumble Square (M) Cereal & Grahams (M)	Egg & Cheese Burrito (M) Cereal & Grahams (M)	Cornbread Muffin(M) Cereal & Grahams (M)	PD Day No School	Pizza Bagel Bulk Cereal & Grahams (M)
Week of: October 12	Concha (M) Cereal & Grahams (M)	Snack n Waffle (M) Cereal & Grahams (M)	Bagel & Cream Cheese (M) Cereal & Grahams (M)	Mini Pancake Puffs (M) Cereal & Grahams (M)	English Egg & Cheese Muffin Sandwich (M) Cereal & Grahams (M)
Week of: October 19	PopTart & String Cheese (M) Cereal & Grahams (M)	Breakfast Pocket Cheddar & Turkey Chorizo (T) Cereal & Grahams (M)	Double Chocolate Chip Muffin (M) Cereal & Grahams (M)	Yogurt and Granola (M) Cereal & Grahams (M)	Breakfast Bun (M) Cereal & Grahams (M)
Week of: October 26	Taco with Chicken Sausage and Potato (C) Cereal & Grahams (M)	Bagel & Cream Cheese (M) Cereal & Grahams (M)	French Toast Sticks (M) Cereal & Grahams (M)	Quesadilla Breakfast Turkey sausage (T) Cereal & Grahams (M)	Mini Waffle (M) Cereal & Grahams (M)
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. 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 -3:30pm



**FREE Universal Meals
Continue for All Students!**
All EESD students receive one breakfast and one lunch at no charge each school day. 2026-2027 is a Provision 2 Base Year. Families will be asked to provide income information to support program requirements and school funding.



A La Carte Menu

Milk **\$0.90**

Water **\$1.00**

Fruit Juice **\$0.75**

Chips (Middle School Only)
\$1.25

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 Breakfast?

A school breakfast consists of the following three food components:

- 1.Fruits (or optional veg)
- 2.Grain (or optional meats/meat alt)
- 3.Choice of Milk



A complete breakfast must include at least 1/2 cup of the fruit or vegetable. Student can decline 1 item.



OCTOBER LUNCH MENU 2026

Look out for our
Harvest of the
Month.

Pick a fruit

Available choices to
accompany menu items:

- Non-fat chocolate milk
- 1% lowfat white milk
- 100% fruit juice
- Variety of fresh fruits and vegetables through our salad bar.

Vegetarian Options
Available Daily!

Check in with your school cafeteria staff for the vegetarian entrée of the day.

	Monday Lunes	Tuesday Martes	Wednesday Miercoles	Thursday Jueves	Friday Viernes
Week of: October 5	Bean & Cheese Burrito (M) 8" French Bread Pizza Pepperoni (B,P)	8" French Bread Pizza Cheese (M) Beef & Cheese Taco Stick (B)	Grilled Cheese Sandwich (M) BBQ Pork with Tortilla Chips (P)	PD DAY No school	Vegan & Cheese Burrito (M) Alfredo Pasta with Fajita Chicken (C)
Week of: October 12	Deep Dish Cheese Pizza(M) Mini Meatball Hoagie (B)	Cheese Ravioli & Roll (M) Chicken Nuggets w/ Fries (C)	Veggie Nuggets with Roll & Fries (M) Chicken Empanada(C)	Chickenless Tenders w/roll Chicken Double Dog (C)	Longboard Cheese Pizza (M) Sweet and Sour Chicken w/ rice (C)
Week of: October 19	Two Cheese Green Chile Tamale (M) Chili Cheese Dog (C,B)	Pizzaboli (M) Oven-Roasted 8-Piece/ dinner roll (c)	Chimi Nada (Cheese & Bean) (M) Breaded Pollock Fish (F)	Mozzarella Sticks & Marinara Sauce (M) Beef Fiestada Sandwich (B)	Mac & Cheese (B) Cheeseburger Slider (B)
Week of: October 26	Bean & Cheese Burrito (M) Cheeseburger (B)	Cheese Quesadilla (M) Chicken Drumstick w/ Roll	Southwest Queso Pull Apart (M) Crispy Chicken Sandwich (C)	Ciabatta Cheese Melt (M) Deep Dish Pepperoni Pizza (B)	Galaxy Cheese Pizza (M) Halloween Cracker Beef Mac & Cheese (M)
MENU KEY: (M) Meatless (C) Chicken (B) Beef (P) Pork (T) Turkey (F) Fish Spicy=🌶️ Veggie=🌿					

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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

