



FALL LUNCH MENU 2020

Lunch Meal Prices
 Full Price \$3.50
 Reduced \$0.40



Paperless Meal Applications

Apply online anytime after **August 6, 2020** for Free & Reduced Price Meals at www.heartlandapps.com

There will be no payments excepted at the school sites during Grab n Go pick up time.

Pay Online for School Meals Everyone Loves a Line that Moves! Parents are encouraged to prepay for meals. Parents can make a pre-payment safely & securely at: www.myschoolbucks.com



The Child Nutrition Services Dept. can be reached at (408) 223-4500, Mon-Fri, 7:30am -4:00pm

	Monday Lunes	Tuesday Martes	Wednesday Miercoles	Thursday Jueves	Friday Viernes
Week of: August 17			Start of School Rib Sandwich (B)	Cheese Quesadilla (V)	Double Dogs (C)
Week of: August 24	Cheese Pizza (V)	Taco Sticks (B)	Turkey & Cheese Sandwich (T)	Cheeseburger Sliders (B)	Bean N Cheese Burrito (V)
Week of: August 31	Breaded Chicken Twin Sandwiches (C)	All American Burger (B)	Beef & Cheese Chimichanga (B)	Grilled Cheese Sandwich (V)	WG Pizza Boli (V)

Week of: September 7	Labor Day Holiday No School	Chili Cheese Dog (C,B)	Taco Nada (T)	Chicken Nuggets & Fries (C)	Cheese Pizza (V)
Week of: September 14	Grilled Cheese Sandwich (V)	WW Penne Pasta with Tomato Sauce & Cheese (V)	Bean & Cheese Burrito (V)	BBQ Chicken Sandwich (C)	Yogurt, Cheese & Crackers (V)
Week of: September 21	Pepperoni Pizza (P)	Chimi Nada (V)	Mac n Cheese (V)	Chicken & Cheese Tamale (C)	Corn Dog (C)

Menu subject to change without notice

MENU KEY
 (V) Vegetarian
 (C) Chicken
 (B) Beef
 (P) Pork
 (T) Turkey
 (F) Fish

For CalFresh information, call 1-877-847-3663. Visit www.CaChampionsForChange.net for healthy tip

This institution is an equal opportunity provider and employer..

Welcome Back!
Important dates to remember:

Aug 19 – First day of school
 Sep 7– Labor Day Holiday
 Sep 24 – Staff Development Day
 Oct 1 – 2019-20 Meal Applications Expire



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

Here is what a Grab n Go Lunch will include:

Entrée
Fruit or Fruit Juice
Vegetable
Whole Grain Snack
1% White Milk

Lunches are intended to be eaten immediately or should be stored in the refrigerator within 1 hour. Please discard any leftovers within 3 days. Hot foods should be kept hot (entrees > 135 degrees) and cold foods (sandwiches, milk, fruit, vegetables < 41 degrees) kept cold. If you want to heat up, please heat until > 165 degrees.