

JOURNEY TO A HEALTHY HARVEST



6 WEEK ELEMENTARY LUNCH CYCLE 2011-2012

2010/2011 Free & Reduced lunch eligibility expires - 9/19/2011. See Application information on reverse side.

ETIWANDA SCHOOL DISTRICT

PRICES

Elementary lunch	\$2.50
Intermediate lunch	\$2.75
A la carte drink (without lunch purchase)	.35¢

DATES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKS
Aug 8-12 Sept 19-23 Nov 1-4 Dec 19-21 Feb 14-17 Apr 2-6 May 14-18	Turkey Corn Dog <u>Hot Vegetables</u> Fruit of the Day	Curly Spaghetti w/Meat Sauce Breadstick (**Ravioli-1st week of school only) Vegetable Fruit of the Day	Bean & Cheese Burrito 100% Fruit Ice Cup Vegetable Fruit of the Day	Teriyaki Chicken w/Rice and Broccoli Fortune Cookie Vegetable Fruit of the Day	Grilled Cheese Sandwich Vegetable Fruit of the Day	WEEK 1
Aug 15-19 Sept 26-30 Nov 7-10 Jan 9-12 Feb 21-24 Apr 9-13 May 21-22	<u>Pizza Day</u> Enriched Cheese Pizza Vegetable Fruit of the Day	Build Your Own Taco Salad Tortilla Chips Vegetable Fruit of the Day	Chicken Patty On Enriched Wheat Bun Whole Grain Cookies Vegetable Fruit of the Day	Baked Chicken Strips w/Mashed Sweet Potatoes Vegetable Fruit of the Day	Beef Taquitos w/Refried Beans Vegetable Fruit of the Day	WEEK 2
Aug 22-26 Oct 3-7 Nov 14-18 Jan 17-20 Feb 27-Mar 2 Apr 16-20	Ravioli w/Breadstick Vegetable Fruit of the Day	<u>Pizza Day</u> Enriched Cheese Pizza Vegetable Fruit of the Day	Burger on Enriched Wheat Bun 100% Fruit Ice Cup Vegetable Fruit of the Day	Hamburger Gravy w/Potatoes, Whole Grain Cookies Vegetable Fruit of the Day	Bean & Cheese Burrito <u>Hot Vegetable</u> Fruit of the Day	WEEK 3
Aug 29-Sept 2 Oct 10-14 Nov 28-Dec 2 Jan 23-27 Mar 5-8 Apr 23-27	Cheeseburger Mini Twins Vegetable Fruit of the Day	Cheese Puppie Vegetable Fruit of the Day	Refried Bean Tostada Tortilla Chips Vegetable Fruit of the Day	Baked Chicken w/Sweet Potato Puffs Vegetable Fruit of the Day	Chicken Nuggets Cookies Vegetable Fruit of the Day	WEEK 4
Sept 6-9 Oct 17-21 Dec 5-9 Jan 30-Feb 3 Mar 12-16 Apr 30-May 4	Macaroni & Cheese Cheese <u>Hot Vegetable</u> Fruit of the Day	Fajita Served on a Flour Tortilla Tortilla Chips Vegetable Fruit of the Day	Chicken Patty On Enriched Wheat Bun 100% Fruit Ice Cup Vegetable Fruit of the Day	Beef Taquitos w/ Refried Beans Vegetable Fruit of the Day	Chicken Penne w/Broccoli Vegetable Fruit of the Day	WEEK 5
Sept 12-16 Oct 24-28 Dec 12-16 Feb 6-10 Mar 27-30 May 7-11	Beef Patty Melt Sandwich <u>Hot Vegetable</u> Fruit of the Day	Chicken Nuggets Whole Grain Cookies Vegetable Fruit of the Day	Turkey Hot Dog on a Bun Vegetable Fruit of the Day	Chili Edibowl (You can eat the bowl) Saltines Vegetable Fruit of the Day	<u>Pizza Day</u> Enriched Cheese Pizza Vegetable Fruit of the Day	WEEK 6

2nd Entrée Choice is available on a limited basis & will consist of one or more of the following: Bean & Cheese Burrito, Chicken Nuggets, Corn Dog, Taco Pocket or Chef's Choice

USDA type A lunch requires students to take 3 of 5 food components. Lunch: **\$2.50**, includes a drink (1% milk, non-fat milk chocolate or apple juice).

Menu subject to change without notice. ***

Seasonal Fresh Fruit when Available***

Drinks: A La Carte (without purchase of a type A lunch) are **35¢** each and may include 1% milk, non-fat chocolate, apple juice or water.

Salad Bar may consist of: tossed salad, carrots sticks, green beans, cucumber slices, celery, olives, pickles, jicama, corn, tomatoes, sour cream, yogurt, cottage cheese, raisins, apples, applesauce, pears, peaches, oranges, pineapple, mixed fruit, kiwi, tangelos, grapes or bananas.

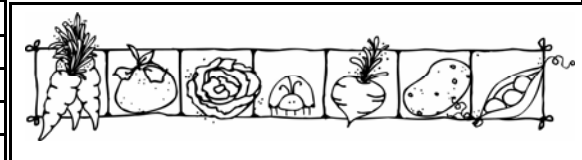
Dressings: Italian, Ranch or 1000 Island.



KITCHEN MANAGERS		
CARYN	481-6259	Diann Ross
DAY CREEK INTERMEDIATE	803-3306	Susie Flores
EAST HERITAGE	823-8459	Michele Kerr
ETIWANDA COLONY	803-3915	Lois Phillips
ETIWANDA INTERMEDIATE	899-8518	Marci delosRios
GOLDEN, J.L.	463-9264	Connie Silva
GRAPELAND	463-4858	Teresa Cardenas
HERITAGE INTERMEDIATE	357-1659	Jo Luna
LIGHTFOOT, C.P.	481-2739	Jenny Maldonado
LONG, D.W.	463-0560	Michielle Trotter
PERDEW	803-3942	Debbie Childs
SOIORIO, C.L.	357-7343	Linda Norris
SUMMIT INTERMEDIATE	899-3611	Gayle Wilson
TERRA VISTA	466-4514	Becky Smith
WEST HERITAGE	463-6589	Pam Beetschen
WINDROWS	899-5775	Maria Parker

VISIT OUR DISTRICT WEBSITE AT www.etiwanda.org TO VIEW/PRINT THE FOLLOWING

- * Elementary Menu
- * Intermediate Menu (available on-line only)
- * Nutritional Information
- * Healthy Harvest Information
- * Free/Reduced-Meal Applications
- * EZ SchoolPay Information



FREE/REDUCED PRICE MEAL APPLICATIONS

Free/reduced price meal applications were mailed home to each family this summer. If you need an application, they are available at the following locations:

- ** your school office
- ** district website
- ** Child Nutrition Office

Please return completed applications by mail or hand deliver to the Child Nutrition Office located at:

12999 Victoria St. Etiwanda, CA 91739
(behind Etiwanda Intermediate School)

HOW TO PAY FOR LUNCH EZ SCHOOL PAY

Sign up at www.ezschooldpay.com to take advantage of this on-line service. View your student's lunch account balance and make payments. Contact your kitchen manager or school office for your student's permanent ID#.

CASH OR CHECK

Make checks payable to **Child Nutrition**.

ELEMENTARY STUDENTS: Place payment in an envelope with your student's name and lunch number and turn it in to your school office.

INTERMEDIATE STUDENTS: Place payment in an envelope with your student's name and lunch number and turn it in at the kitchen drop box.

LUNCH LOAN POLICY

ELEMENTARY STUDENTS ONLY

A child can charge his/her lunch no more than 3 times. After 3 charges, the child will be sent to the salad bar. A child will be able to do this only 2 times. After that, they will be asked not to come through the lunch line until they have brought lunch money and repaid their loans. A child is reminded when he/she is down to his/her last lunch. Consider using EZSchoolPay to track your child's lunch balance and make payments to their account.

INTERMEDIATE STUDENTS-LOANS ARE NOT ALLOWED

PEANUTS, PEANUT PRODUCTS AND OTHER NUTS

To the best of our knowledge, the Etiwanda School District does not serve peanuts, peanut products, etc. in our school lunch program. We cannot guarantee there has been no cross-contamination at the vendor production plants.



CHILD NUTRITION OFFICE CONTACTS

Kim Perry, Child Nutrition Technician	803-3155
Betty Gonzalez, Adm. Secretary	803-3165
Connie Dineen, Manager	803-3155

HEALTHY HARVEST MONTHLY OFFERINGS

August	Grapes	Green Beans
September	Apples	Tomatoes
October	Pears	Jicama
November	Kiwi	Winter Squash
December	Grapefruit	Sweet Potatoes
January	Oranges	Broccoli
February	Mandarins	Garbanzo Beans
March	Dried Fruit Raisins	Cucumber
April	Strawberries	Carrots
May	Melons	Salad Greens



Child Nutrition participates in the **FARM to SCHOOL Program** bringing in locally grown fruits and vegetables on a weekly basis.

