

MEAL PRICES

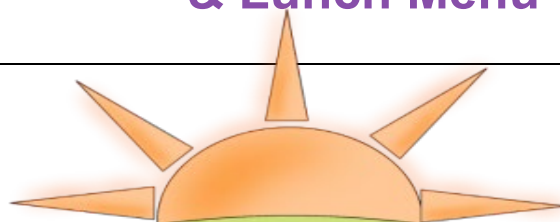
	Breakfast	Lunch
Full Price	\$1.90	\$3.65
Reduced K-12	FREE	FREE
Adults	\$2.65	\$4.90
CEP SCHOOLS	--NO CHARGE--	
Second meals at all schools will be charged the full price rate.		

A la Carte Prices

Check with your school kitchen for options and prices.

DAILY MEAL OPTIONS

1. PB&J Sandwich
 2. Yogurt Combo (yogurt, string cheese, cracker & granola)
 3. Cold Sandwich
- A variety of milk, fruits and vegetables served at every meal!



START YOUR DAY WITH BREAKFAST

SCAN ME



Participating in school breakfast is associated with improved math grades, attendance and punctuality! Our breakfast includes whole grain cinnamon rolls, reduced sugar cereals, yogurt parfaits, pancakes, breakfast bars, waffles and much more! Breakfast is served with fruit and milk.

To find your student's breakfast menu, visit our website at www.everettsd.org and click on MENUS or scan the QR code.

PAYMENT METHODS



Make payments, set up low balance reminders, autopay, transfer funds and check transaction history online at: www.MySchoolBucks.com. My School Bucks does charge a small fee when you make a payment online. All other features are free to use. Cash and checks will be accepted in the kitchens. Student's name and ID should be written on the check and sealed envelopes.

FREE/REDUCED MEAL FORM

The Free/Reduced application has been replaced with the Child Nutrition Eligibility & Education Benefit application (CNEEB). This application may qualify you for: meal benefits, SUN Bucks, reduced fees for other programs and activities, and/or help secure funding for your school. If your child(ren) are enrolled in a Community Eligibility Provision (CEP) school, completing this application will not impact your eligibility to receive meals at no cost but is required to receive the other above services. We encourage all families to complete the online application by scanning the QR code.



Monday	Tuesday	Wednesday	Thursday	Friday
28	29	30	1	2
			Wacky Waffles & Sizzlin Sausage	Homestyle Grilled Cheese Sandwich
			Skater Taters	Tasty Tomato Soup
5	6	7	8	9
French Bread Pizza Boat	Luigi's Lasagna & Garlic Toast	Terrific Teriyaki Chicken with Rice or Chana Masala	Café Kids Hamburger or Captain's Fish Sandwich	Homemade Hot Dog Roll-Up
Strawberry Spinach Salad	Roasted Squash	Vegetable Stir Fry	Emoji Potatoes	Bouncin' Baked Beans

Monday	Tuesday	Wednesday	Thursday	Friday	DID YOU KNOW?
12 Mandarin Orange Chicken over Rice or Chana Masala Excellent Edamame	13 Homemade Mac & Cheese Bright Broccoli Trees	14 Bistro Chicken Burger Wedge Potatoes	15 Rockin' Cheesy Ravioli with Garlic Toast Roasted Carrots	16 It's A Homemade Pizza! or Dancin' Corn Dogs Strawberry Spinach Salad	 <p>SUN Bucks provides \$120 per child on an EBT card to families that qualify. This is a federal program that supports families who lose access to free school meals over the summer months. Most children will be automatically enrolled in SUN Bucks if their household is eligible for SNAP, TANF, FDPIR, or if they are approved for free or reduced-price school meals through an application. If a family does not qualify for automatic enrollement, they can apply for SUN Bucks by completing the Child Nutrition Eligibility and Education Benefit (CNEEB) application. Scan the QR code on the front of the menu. Visit: https://sunbucks.dshs.wa.gov/en/ for more information regarding this program. Everett Public Schools will also be hosting several sites this summer for free summer meals. More information coming soon!</p>
19 Homemade Cheesy Quesadilla & Chicken Tortilla Soup Tajin Jicama	20 Mr. Mario's Spaghetti & Garlic Toast Lean Green Beans	21 Hot Diggity Hot Dog or Dancin' Corn Dog with Yakisoba Salad Bouncin' Baked Beans	22 Wacky Waffles & Sizzlin Sausage Skater Taters	23 Golden Chicken or Fish Strips with Chocolate Muffin Hummus & Veggie Sticks	
26 NO SCHOOL MEMORIAL DAY	27 Macho Nacho Grande Bustlin' Refried Beans	28 Bistro Chicken Burger Garbanzo Bean & Tomato Salad	29 Drummin' Chicken Drumstick with Rockin' Roll Fluffy Mashed Potatoes	30 The Best Cheese Zombies Cabbage Patch Soup	
<div> <div> <p>Our goal is to expand the variety of produce the students consume. Our <i>Garden Spot</i>, <i>Harvest of the Month</i> and <i>Fresh Fruit Fridays</i> expose students to a wide assortment of self serve produce. Daily items includes fresh, canned and dried fruits, veggies, legumes and our homemade hummus.</p>  <p>FARM TO SCHOOL</p> </div> <div> <p>EVERETT PUBLIC SCHOOLS</p> <p>FOOD AND NUTRITION PRESENTS HARVEST OF THE MONTH</p> <p>Spinach is this months Harvest of the Month. Spinach is a good source of fiber, vitamin A, C and folate! Cooking spinach increases its nutritional value!</p>  <p>Also featured this month are Berries! You can find spinach and strawberries in a delicious salad a couple times this month! Berries are high in fiber, vitamin C and antioxidant polyphenols which help reduce the symptoms of many chronic diseases. They also taste amazing!</p>  </div> </div>					<p>SOCIAL MEDIA</p> <div>  <p>Find & follow us on social media using #EPS_Cafe</p> </div>
					<p>RECIPES</p> <div>  <p>Find your favorite school recipes by scanning the QR code.</p>  <p>SCAN ME</p> </div>

VEGETABLE of the MONTH

Cooking for Kids

Pear Walnut Spinach Salad

Serves 4-6, Prep: 5 minutes

Substitute your favorite kind of cheese or toast the walnuts to add your own twist!

Ingredients:

2 ripe green pears, washed
4 heaping cups baby spinach
½ medium red onion
½ cup walnuts
½ cup crumbled goat cheese
~ ½ cup dressing of your choice

Directions:

1. Slice pears into bite-size pieces
2. Thinly slice red onions
3. Put pears, onions, spinach, walnuts, cheese, and dressing into a large bowl.
4. Gently toss until coated. Serve immediately.

Recipe by Emily Fitch and Megan DeVries, 2015.

Books

Grades K-2

Sylvia's Spinach by Katherine Pryor

Grades 2-5

The Gingerbread Museum of Candy, Omelets, Spinach, Ice, and Biscuits by Hermione Ma

The Incredible Edible Spinach



Just the Facts

→Cooking spinach increases its nutritional value.

→A vegetable that is darker in color is considered more nutritious.

→Spinach is an excellent source of vitamin A, C and folate!

→Spinach is a good source of fiber.

→Spinach is a cool season crop that grows especially well in Colorado

→There are three basic varieties of spinach:

- Flat or smooth leaf
- Savory
- Semi-savory

→Spinach consumption rose 30% in the 1930's thanks to Popeye.

Did You Know?

This month on the school menu you can enjoy SPINACH in various side salads, and every day on the salad bar!

- Spinach and strawberry salad



For more information, see:

- <http://leafy-greens.org/>



Created by: The EPS Food & Nutrition Department

Activity: Spinach

Can you spot the spinach?
Circle the pictures of spinach below!



Hint: There are four pictures of spinach. Good luck!