

# McCabe/Corfman Cafeteria Menu

## August/September 2019



*Fun Fact: Did you know if you consumed 1 can of soda (140 calories) and 13 Taki chips (160 calories) you would have to walk 5 to 6 miles at 4mph to burn off those calories?!?! Healthy kids = Happy kids!*

Monday	Tuesday	Wednesday	Thursday	Friday
<b>August 19</b> <b>Chicken Nuggets</b> Veggie Beans Garden Salad Peaches	<b>20</b> <b>BBQ Pork on a Bun</b> Corn Coleslaw Grapes	<b>21</b> <b>Tostada with Fresh Salsa</b> Broccoli Mixed Fruit Churro	<b>22</b> <b>Tuna on Lettuce</b> Bagel & Cream Cheese Carrots / Goldfish Orange	<b>23</b> <b>Baked Cheese Sandwich</b> Tomato Soup Celery Applesauce
<b>26</b> <b>Hotdog (turkey)</b> Tater Tots Veggie Beans Peaches	<b>27</b> <b>Domino's Pepperoni Pizza</b> Garden Salad Cucumber Slices Strawberries	<b>28</b> <b>Pancakes and Yogurt</b> Cheesy Potatoes Sunbelievable Cup Orange Juice	<b>Back-to-School Night 29</b> <b>Taco Salad with Fresh Salsa</b> Pinto Beans Broccoli Mixed Fruit	<b>30</b> <b>Chicken Patty on a Bun</b> Lettuce / Tomato Dill Pickle Applesauce
<b>September 2</b> <b>LABOR DAY</b> <b>NO SCHOOL</b>	<b>3</b> <b>Spaghetti</b> Dinner Roll Squash Peaches	<b>4</b> <b>Hamburger</b> Lettuce / Tomato Oven Fries Pears	<b>5</b> <b>Chicken Fajitas &amp; Flour Tortilla</b> Refried Beans Garden Salad Mixed Fruit	<b>6</b> <b>BLT Sandwich</b> String Cheese Carrots w/Dipper Frozen Fruit
<b>9</b> <b>Chicken Tenders</b> Broccoli Garden Salad Crackers / Applesauce	<b>10</b> <b>Domino's Pepperoni Pizza</b> Cucumber Garden Salad Strawberries	<b>11</b> <b>Meatloaf and Mashed Potatos</b> Biscuit Garden Salad Peaches	<b>12</b> <b>Quesadilla</b> Pinto Beans Garden Salad Pears	<b>13</b> <b>BBQ Chicken on a Bun</b> Coleslaw Carrots w/Dipper Mixed Fruit
<b>16</b> <b>Corn Dog (turkey)</b> Veggie Beans Broccoli Peaches	<b>17</b> <b>Lasagna</b> Cheesy Breadstick Salad / Fruit Mixed Fruit	<b>18</b> <b>Minimum Day</b> <b>Bean &amp; Cheese Burrito</b> Corn Salad Pears	<b>19</b> <b>Chicken Caesar Salad</b> Corn Bread Drizzled Tomatoes Apple Cobbler	<b>20</b> <b>Progress Rpts</b> <b>Ham &amp; Cheese Sandwich</b> Lettuce / Dill Pickle Sun Chips Grapes
<b>23</b> <b>Chili Beans</b> Cornbread Tater Tots Pears	<b>24</b> <b>Domino's Pepperoni Pizza</b> Cucumber Garden Salad Strawberries	<b>25</b> <b>Orange Chicken and Rice</b> Cabbage Salad Broccoli Juice	<b>26</b> <b>Super Nachos</b> Pinto Beans Salad Peaches	<b>27</b> <b>PB&amp;J Sandwich</b> String Cheese Veggies w/Dipper Banana
<b>30</b> <b>Beef Tips in Gravy</b> Mashed Potatoes Dinner Roll Salad / Applesauce	<p style="text-align: center;"> <b>Lunch \$2.80 / Extra milk \$.25</b>      <b>Low-fat &amp; chocolate milk served daily.</b> </p> <p style="text-align: center;"> <i>Menu subject to change without notice.</i> </p> <p style="text-align: center;">                     The following symbols mark a menu day containing any:                 </p> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;"> <b>PORK product</b> </div> <div style="text-align: center;"> <b>NUT product</b> </div> </div>			

**McCabe and Corfman have an easy way to pay for school meals in 3 EASY STEPS!**

- 1 Go to [www.myschoolbucks.com](http://www.myschoolbucks.com)
- 2 Create your account
- 3 Pay with your credit/debit card or electronic check

Download the **FREE** app today to view account balances and meal purchases, schedule automatic payments, and make payments anytime, anywhere from the mobile app!

To apply for free or reduced meals for your child, please go to one of the links below . . .

**ENGLISH** [https://www.myschoolapps.com/Home/DistrictRedirect/MCCABESD\\_CA?langid=1](https://www.myschoolapps.com/Home/DistrictRedirect/MCCABESD_CA?langid=1)  
**SPANISH** [https://www.myschoolapps.com/Home/DistrictRedirect/MCCABESD\\_CA?langid=2](https://www.myschoolapps.com/Home/DistrictRedirect/MCCABESD_CA?langid=2)

### **USDA Nondiscrimination Statement**

#### **SNAP and FDPIR State or local agencies, and their subrecipients, must post the following Nondiscrimination Statement:**

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race,

color, national origin, sex, religious creed, disability, age, political beliefs, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotope, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits.

Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

(1) mail: U.S. Department of Agriculture

Office of the Assistant Secretary for Civil Rights

1400 Independence Avenue, SW

Washington, D.C. 20250-9410;

(2) fax: (202) 690-7442; or

(3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

*This institution is an equal opportunity provider.*

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### **USDA Nondiscrimination Statement 2015 (Spanish Translation)**

#### **SNAP and FDPIR State or local agencies, and their subrecipients, must post the following Nondiscrimination Statement:**

#### **Las agencias estatales o locales de SNAP y FDPIR, y sus beneficiarios secundarios, deben publicar el siguiente Aviso de No Discriminación:**

De conformidad con la Ley Federal de Derechos Civiles y los reglamentos y políticas de derechos civiles del Departamento de Agricultura de los EE. UU. (USDA, por sus siglas en inglés), se prohíbe que el USDA, sus agencias, oficinas, empleados e instituciones que participan o administran programas del USDA discriminen sobre la base de raza, color, nacionalidad, sexo, credo religioso, discapacidad, edad, creencias políticas, o en represalia o venganza por actividades previas de derechos civiles en algún programa o actividad realizados o financiados por el USDA.

Las personas con discapacidades que necesiten medios alternativos para la comunicación de la información del programa (por ejemplo, sistema Braille, letras grandes, cintas de audio, lenguaje de señas americano, etc.), deben ponerse en contacto con la agencia (estatal o local) en la que solicitaron los beneficios. Las personas sordas, con dificultades de audición o con discapacidades del habla pueden comunicarse con el USDA por medio del Federal Relay Service [Servicio Federal de Retransmisión] llamando al (800) 877-8339. Además, la información del programa se puede proporcionar en otros idiomas.

Para presentar una denuncia de discriminación, complete el Formulario de Denuncia de Discriminación del Programa del USDA, (AD-3027) que está disponible en línea en:

[http://www.ocio.usda.gov/sites/default/files/docs/2012/Spanish\\_Form\\_508\\_Compliant\\_6\\_8\\_12\\_0.pdf](http://www.ocio.usda.gov/sites/default/files/docs/2012/Spanish_Form_508_Compliant_6_8_12_0.pdf). y en cualquier oficina del USDA, o bien escriba una carta dirigida al USDA e incluya en la carta toda la información solicitada en el formulario. Para solicitar una copia del formulario de denuncia, llame al (866) 632-9992. Haga llegar su formulario lleno o carta al USDA por:

(1) correo: U.S. Department of Agriculture

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1400 Independence Avenue, SW





