LUCKY TRAY DAYS
February 6th & 25th celebrate lucky tray day by purchasing a lunch with your chance to win a giveaway!

World Flavors
Featured Dish of the Month

Fish n’ Chips
Fish and chips is a hot dish consisting of fried fish, typically cod, haddock or flounder, served with chips (french fries). The dish originated in England and is an example of culinary fusion of its two main ingredients, each brought by immigrants.

Our twist on this dish is that the fish is baked instead of fried and breaded with whole grains.

National Heart Awareness Month
We are highlighting a heart healthy vegetable, eggplant.

Eggplant helps reduce the risk of heart disease, regulates blood sugar and provides high fiber but is a low-calorie food.

February 23rd is Hot Chocolate Day!
Warm up with a fresh cup of hot chocolate!
*8oz portion available for snack purchase at ala carte price $.80

WELLNESS TIP OF THE MONTH
What’s on Your Plate?

MyPlate by USDA is a reminder to find your healthy eating style and build it throughout your lifetime. Everything you eat and drink matters. The right mix can help you be healthier now and in the future. This means: Focus on variety, amount, and nutrition.

Choose foods and beverages with less saturated fat, sodium, and added sugars.

Start with small changes to build healthier eating styles.

2019-2020 Cafeteria Information
Money can be added to student lunch accounts using MySchoolBucks.com. Money can also be added by bringing cash or a check to the cafeteria made out to CBSD. Parents can use MySchoolBucks.com to track purchases, monitor account balances, set automatic payments and add special notes.

Charge policy: When a student in K-12 does not have any money in the lunch account or has a negative balance a breakfast and/or lunch meal is available to all students and will be charged to account. No ala carte items are permitted to be charged to any account. Communication will be sent home from the school informing parents/guardians that there is a negative account balance.

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