**2019-2020 Cafeteria Information**

Money can be added to student lunch accounts using [MySchoolBucks.com](http://www.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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**LUCKY TRAY DAYS**

**March 5th, 20th, & 30th** celebrate lucky tray day by purchasing a lunch with your chance to win a giveaway!

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**World Flavors**

**Featured Dish of the Month**

**Japanese Bento Box Lunch!**

A bento box is a single portion reusable takeout lunch that is common in Japanese cuisine. Traditional box contains a rice or noodle with protein and sides.

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**Happy Birthday Dr. Seuss!**

Come celebrate by purchasing a Dr Seuss themed lunch!

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**National Meatball Day!**

February 9th is National Meatball Day, come celebrate with us down in the cafeteria for an Italian classic of spaghetti and meatballs!

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**EAT RIGHT**

**BITE BY BITE**

National Nutrition Month®

March 2020

Academy of Nutrition and Dietetics

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**What's leafy and GREEN**

**and a virtual treasure trove of nutrients?**

Well, actually that's a trick question. Almost every leafy green you can eat is a nutritional powerhouse. Leafy greens are rich in vitamins A, C, E and K, as well as the Revenge antioxidants, which help to convert folate into usable energy. Within fiber, iron, magnesium, potassium, calcium and other beneficial anticlotting agents, leafy greens are a true superfood. Turn over a new leaf and give some different varieties a try. And if you’re not treated to the flavor of your greens—our chef can help!

**Dining with ease:** Looking for Eat Well on a budget, many of which are! (See below)

**Trowning over a new leaf at home?**

Check out these chef's tips to Feed Your Potential 365™:

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**Discover what healthy food can do for you**

FYP365.com for Sustainable Products

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**LC**

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