

McCabe Cafe'

OCTOBER CAFETERIA MENU & LUNCH APPLICATION

BREAKFAST AND LUNCH SERVED DAILY WITH MILK
ALL MEALS FOR THE 22-23 SCHOOL YEAR ARE FREE TO MCCABE STUDENTS

PEACEBUILDERS TRAIT: RESPECT

Monday	Tuesday	Wednesday	Thursday	Friday
October 3 Pancakes w/Syrup Watermelon Hamburger Lettuce / Tomato Veggy Beans Raisins	4 Bean & Cheese Burrito Cucumber / Applesauce Taco Salad Lettuce / Salsa Corn Craisins	5 Cereal Bananas / Raisins Chicken Nuggets Mashed Potatoes Garden Salad Raisins	6 Apple Cinnamon Muffin Apple Juice / Cucumbers Chicken Cobb Salad Cheesy Breadstick Cucumbers / Garbanzo Beans Churro / Grapes	7 Cocoa Puffs Cereal Bar Strawberries / String Cheese Domino's Pizza Garbanzo Beans Garden Salad Corn / Craisins 
10 Cinnamon Bagel Watermelon Chicken Nuggets Mashed Potatoes Garden Salad Peaches	11 Breakfast Packet Raisins / Peaches Spaghetti Cheesy Breadstick Garden Salad Applesauce	12 Cinnamon Toast Crunch Mixed Fruit / Raisins Tostada w/Salsa Spanish Rice Lettuce / Cucumbers Fruit	13 Yogurt Strawberries / Crackers Chicken Caesar Salad Cheesy Breadstick Corn Churro / Peaches	14 Apple Cinnamon Muffin Grapes Domino's Pizza Garbanzo Beans Garden Salad Cherry-Lemon Sidekick 
17 Cereal Mixed Fruit / Crackers Chicken Patty on a Bun Lettuce / Tomato Green Beans Pears	18 Breakfast Packet Applesauce / Cucumber Chicken Strips Mashed Potatoes Dinner Roll Garden Salad / Grapes	19 Apple Cinnamon Muffin Watermelon Fish Nuggets Oven Fries Cabbage Salad / Carrots Mixed Fruit	20 Cereal Crackers / Bananas Super Nachos Pinto Beans Lettuce Cherry-Lemon Sidekick	21 Waffles Peaches / Grapes Domino's Pizza Mashed Potatoes Garden Salad / Peaches Orange Juice 
24 Cinnamon Waffles Strawberreis Turkey & Cheese Sandwich Lettuce / Tomato Garbanzo Beans Strawberries / String Cheese	25 Cereal Crackers / Banana Buffalo Chicken Salad Dinner Roll Green Beans Churro / Pears	26 Quesadilla Watermelon Beef Ravioli Cheesy Breadstick Garden Salad Grapes	27 Cereal Apple Juice / Grapes Chili Beans Corn Muffin Corn Strawberries	28 Pancakes Raisins / Apple Juice Domino's Pizza Oven Fries Garden Salad Orange Juice 
31 Cereal Crackers / Banana BBQ Chicken Leg Cheesy Breadstick Corn Garden Salad / Apple Juice	1 Cinnamon Bagel Watermelon Chicken Strips Mashed Potatoes Carrots Fruit	2 Yogurt Crackers / Strawberries Hamburger Lettuce / Tomato Veggy Beans Corn / Fruit	3 Bean & Cheese Burrito Apple Juice / Cucumbers Spaghetti Dinner Roll Garden Salad Pears	4 Breakfast Packet Apples / Banana Domino's Pizza Mexicali Corn Garden Salad Churro / Grapes 

Low-fat and chocolate milk served daily with breakfast and lunch.

Menu subject to change without notice.

The following symbols mark a menu day containing any:



Pork Product

Nut Product



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



- 1 Go to 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?lanqid=1

SPANISH https://www.myschoolapps.com/Home/DistrictRedirect/MCCABESD_CA?lanqid=2

USDA Nondiscrimination Statement**SNAP and FDIPIR 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, audiotape, 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, 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.
- This institution is an equal opportunity provider.*

USDA Nondiscrimination Statement 2015 (Spanish Translation)**SNAP and FDIPIR State or local agencies, and their subrecipients, must post the following Nondiscrimination Statement:****Las agencias estatales o locales de SNAP y FDIPIR, 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, 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:

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1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
 - (2) fax: (202) 690-7442; o
 - (3) correo electrónico: program.intake@usda.gov.
- Esta institución es un proveedor que ofrece igualdad de oportunidades.*



