

SEPTEMBER 2020

WELCOME TO SURF CITY CAFE! REAL FOOD, REAL FUN, REAL GOOD!!



MEAL PICK UP DAYS...For safety and convenience we will only be serving two days per week, Tuesday and Friday. Bags will be prepared with both breakfast and lunch including a variety of individual items that can be heated at home, including fresh fruit, vegetables and milk. All meals are nutritionally balanced and meet all state and federal guidelines. Please check our website for more details.

www.surfcitycafes.com

8/31

Three Cheese Calzone
Tres calzone de queso

1

Bean & Cheese Burrito
Burrito de frijoles y queso

2

BBQ Turkey Turnover
Facturación de pavo a la barbacoa

3 California Thursday

Crispy Chicken Sliders
Deslizadores de pollo crujiente

4

Galaxy Cheese Pizza
Pizza de Queso

Lunch Prices:



Students: \$3.50
Adults: \$4.50
Milk: \$.50

8

Nachos with Beans & Cheese
Nachos con frijoles y queso

9

Double Dogs
Perros calientes dobles

10 California Thursday

Beefy Lasagna
Lasaña de carne



Galaxy Cheese Pizza
Pizza de Queso

14

Cheesy Pull -A- Parts
Bolsillos de cereza

15

Chicken Flauta
Flauta de Pollo

16

Nacho Cheese Pretzel Pocket
Pretzel de queso nacho

17 California Thursday

Corn Dog
Perro de maíz



18

Galaxy Cheese Pizza
Pizza de Queso

21

Spicy Chicken Sliders
sándwich de pollo picante

22

Bean & Cheese Tostada
tostada de frijoles y queso

23

BBQ Beef Rib Sandwich
Barbacoa de carne de vaca Costilla Sandwich

24 California Thursday

Chili Cheese Dog
perro de queso de chile

25

Galaxy Cheese Pizza
Pizza de Queso

28

Grilled Cheese Sandwich
Sándwich de queso a la parrilla

29

Taco Empanada



30

Mini Cheeseburger
Hamburguesa con queso minis

GET YOUR FREE OR REDUCED MEAL APPLICATIONS COMPLETED!

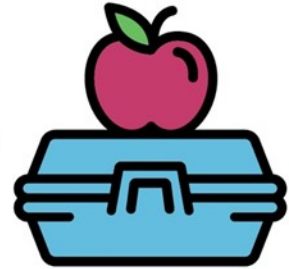
OBTENGA SU APLICACIÓN PARA COMIDAS GRATUITAS O REDUCIDAS COMPLETADAS!

WWW.SURFCITYCAFES.COM



Make School Lunch Happen at Home!

Parents have had much more to think about going into this school year—but lunch doesn't have to be a worry! Did you know that our district provides meals to families EVEN when students aren't in school? That includes remote learning! The lunches we provide are delicious, nutritious, and familiar to your student. If you'd like to hear more about our school meal services, give our School Nutrition Department a call.

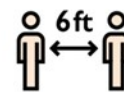


Give Yourself a Brain Boost

When it comes to working or learning remote, it can be a challenge to keep active. Going into this school year, it's important to remember the brain benefits of movement! Did you know that a single workout can improve a student's ability to focus for up to two hours? That's a major brain boost! The thing is, don't overthink it! Ask your student what sounds fun then join them if you can! Whether it's trampoline time or a bike ride, 30 minutes of yoga or a living room obstacle course, the trick is to just find the time!

Help Stop the Spread

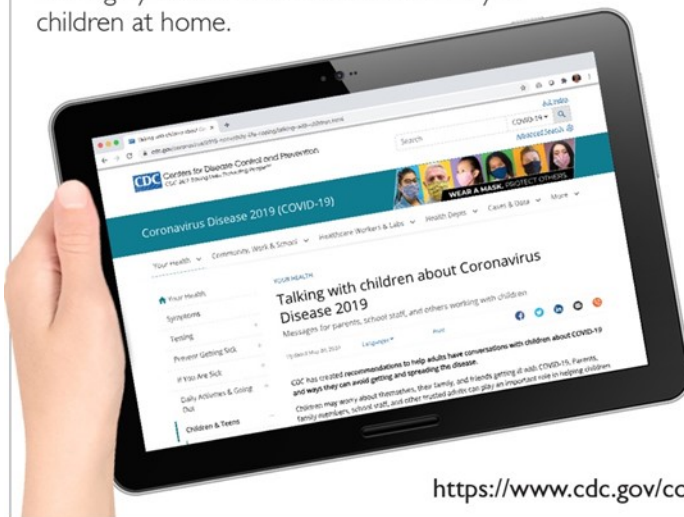
Something we can all do, no matter our age, is to help stop the spread of COVID-19! This is a message you can model and share with your children at home.



What you can do:

- Wash hands often with soap and warm water or use a hand sanitizer with at least 60% alcohol.
- If you're sick, stay home. If friends or family are exhibiting symptoms, avoid contact.
- Keep a distance of at least 6 feet in public places. Show your student what 6 feet looks like using two arms, two shopping carts, or even a tape measure!
- Wear a mask in public places and/or whenever social distancing can't be accomplished.

As you speak with your student about COVID-19, it's important to find the balance between facts and what might cause fear. Here's a resource you can use to start, or continue, the conversation:



<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/talking-with-children.html>

Sources: 1) <https://www.kqed.org/mindshift/53681/how-movement-and-exercise-help-kids-learn>

We're rethinking school meals!

Join us as we celebrate the good work in schools across the country.

rethinkschoolmeals.com

Menu & Nutritional Information
Student Account information
Online payments

Surfcitycafes.com