

May 2010

Breakfast Idea

Top a bowl of whole-grain cereal with blueberries, sliced peaches or any favorite fruit. Pour on low-fat or fat-free milk.

ATTENTION:

Effective February 16, 2010, students with a negative balance will be offered an alternative meal of a cheese, crackers and white milk at no charge. Students with a negative balance cannot eat the regular meal until money is put into their lunch account. Students can receive the alternative meal a maximum of five (5) times during the school year. When a student has used all alternative meals, he/she will have the opportunity to call home during the lunch period; however, the student will not be provided food by the school district.

Harvest of the Month

Growing Healthy Students



BERRIES | May

Health and Learning Success Go Hand-in-Hand

Getting children to try new foods can be hard. It is normal to offer a new food many times before kids are willing to try it. Be a good role model and eat fruits and vegetables in front of your children. Use *Harvest of the Month* tips and recipes to encourage trying new foods and to find new family favorites.

Honey Gingered Fruit Salad

Makes 6 servings. 1 cup per serving.
Prep time: 30 minutes

Ingredients:

- 1 large mango, peeled and cubed
- 1 cup fresh blueberries
- 1 small banana, peeled and sliced
- 1 cup strawberries, sliced
- 1 cup seedless green grapes
- 1 cup nectarines, sliced
- 1 cup kiwifruit, peeled and sliced

Honey Ginger Sauce:

- 1/3 cup 100% orange juice
- 2 tablespoons lemon juice
- 1 tablespoon honey*
- 1/8 teaspoon ground nutmeg
- 1/8 teaspoon ground ginger

1. In a large bowl, combine fruit.
2. In a small bowl, mix all sauce ingredients until well blended.
3. Pour honey ginger sauce over fruit and toss together.
4. Refrigerate for at least 20 minutes. Serve chilled.

*Do not give honey to children under the age of one.
Adapted from: *Souful Recipes: Building Healthy Traditions, Network for a Healthy California, 2009.*
Recipe courtesy of BOND of Color.

Produce Tips

- Choose fresh **blueberries** that are plump and have a solid, dark blue color. Refrigerate for up to two weeks.
- Choose fresh **raspberries** that are bright and evenly colored. Refrigerate for up to three days.
- Select fresh **blackberries** that are dry and shiny, without any green or red colors. Refrigerate for up to three days.
- Wash berries just before serving.
- Shop for fresh berries in season to get the best value.

Recommended Daily Amounts of Fruits and Vegetables*

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
Males	2½ - 5 cups per day	4½ - 6½ cups per day
Females	2½ - 5 cups per day	3½ - 5 cups per day

*If you are active, eat the higher number of cups per day.

Healthy Serving Ideas

- Add berries to your cereal for added fiber and flavor.
- Mash berries to make your own jam.
- Top pancakes with fresh blueberries or blackberries.
- Stir your favorite berries into lowfat yogurt for a tasty snack.
- Toss raspberries into a spinach salad.
- Keep a bag of mixed berries in the freezer for smoothies.

Let's Get Physical!

Biking is a great way to be active and healthy. It also helps the environment by lowering air pollution and traffic.

- **At home:** Ride your bike for errands.
- **At work:** Invite coworkers to ride bikes during Bike-to-Work in May.
- **With the family:** Ride to a park after dinner to play a game of tag.

For more information, visit:
www.bikeleague.org/programs/bikemonth

* = Vegetarian

 = Whole Grain

** = Contains Pork

✓ = Healthy Meal Choice - 35% or Less Total Fat





May 2010

Featured Entrées



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Flame Broiled Cheeseburger <i>Kennedy & Stowers</i> Pizza Day* ✓	4 Breakfast for Lunch** (Whole Grain French Toast Sticks and Sausage**) 	5 Cinco de Mayo Chicken Fajitas with Spanish Rice  Whole Wheat Flour Tortilla available to all students 	6 Reduced Fat Macaroni & Cheese* ✓ <i>Melbourne</i> Pizza Day* ✓	7 Chicken Teriyaki with Rice ✓  <i>Bragg</i> Pizza Day* ✓
10 Baked Chicken Patty Sandwich on Wheat <i>Juarez & Gonsalves</i> Pizza Day* ✓	11 Bean & Cheese Burrito* <i>Niemes</i> Pizza Day* ✓	12 Beef Teriyaki with Rice ✓  <i>Hawaiian</i> Pizza Day* ✓	13 Turkey Hot Dog on a Wheat Bun <i>Wittmann & Elliott</i> Pizza Day* ✓	14 Penne Pasta with Marinara Sauce* ✓ <i>Palms</i> Pizza Day* ✓
17 Flame Broiled Cheeseburger <i>Willow</i> Pizza Day* ✓	18 Breakfast for Lunch** (Whole Grain French Toast Sticks and Sausage**) 	19 Taco Meat & Refried Beans topped with Cheddar <i>Tortilla chips will be offered as a side.</i>	20 Reduced Fat Macaroni & Cheese* ✓ <i>Nixon</i> Pizza Day* ✓	21 Chicken Teriyaki with Rice ✓  <i>Leal</i> Pizza Day* ✓
24 Baked Chicken Patty Sandwich on Wheat <i>Furgeson</i> Pizza Day* ✓	25 Bean & Cheese Burrito* <i>Carver</i> Pizza Day* ✓	26 Beef Teriyaki with Rice ✓  <i>Burbank</i> Pizza Day* ✓	27 Turkey Hot Dog on a Wheat Bun <i>Cerritos</i> Pizza Day* ✓	28 Penne Pasta with Marinara Sauce* ✓ <i>Aloha</i> Pizza Day* ✓

Menu subject to change, entrée choices are not guaranteed throughout the entire meal services.

Choose an entrée from above or below.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken Corn Dog <i>Ham & Cheese Sandwich**</i> Pizza Hummus, Cheese & Whole Wheat Crackers* 	Whole Grain Toasted Cheese Sandwich*  <i>Turkey & Cheese Sandwich</i> ✓ Garden Salad*	Whole Grain PB & J Uncrustable Sandwich*  <i>Tuna Salad</i> (with Apples & Cranberries) Sandwich ✓ Chef Salad	Baked White Meat Chicken Nuggets w/Potato Wedges <i>Cheese and Whole Wheat Crackers*</i>  Chicken Caesar Salad *Cookie Day*	Cheese Pizza* <i>Turkey Ham & Cheese Wrap</i> Meaty Taco Salad


SIDES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Side 1 May Select 1	Carrots Bean Salad PhysEdibles 	Mixed Salad Bean Salad Peas	Mixed Salad Corn Whole Wheat Roll 	Mixed Salad Bean Salad Peas	Mixed Salad Broccoli Breadstick
Side 2 May Select 1	Fresh Fruit Dried Cranberries Applesauce	Fresh Fruit Dried Cherries Mixed Fruit	Fresh Fruit Dried Cranberries Cherries	Fresh Fruit Dried Cherries Peaches	Fresh Fruit Dried Cranberries Blueberries
Milk	1% White Milk and Nonfat Chocolate Milk Available.				

BREAKFAST

Breakfast Schools include: Aloha, Burbank, Furgeson, Hawaiian, Kennedy, Melbourne, Niemes and Willow.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Peanut Butter & Jelly Bar*	Fortified Super Cinnamon Bun	Whole Grain French Toast Sticks and Sausage** 	Bagel, Turkey Ham & Egg	Whole Grain Pancakes and Turkey Ham 

Also Available Daily: Assorted Cold Cereal & Graham Crackers* ✓ or Whole Wheat Breakfast Bar* .

Breakfast is served with a choice of fruit and choice of milk.

May's Special Days!

Every Thursday is Cookie Day!

May 5th

Cinco de Mayo

Chicken Fajitas with Spanish Rice and Whole Wheat Tortillas

May 27th

Memorial Day Star Cookie

Pizza Party Days

We serve Goody's Cheese

Pizza along with our sides and a milk.

On your school's Pizza Day,

Goody's Pizza is the only entrée served.

MEAL PRICES

Lunch K-6	\$1.95
Lunch 7-12	\$2.45
Reduced Lunch	\$.40
Breakfast K-6	\$1.25
Breakfast 7-12	\$1.50
Reduced Breakfast	\$.30
Milk Only	\$.50