

Harvest of the Month

Network for a Healthy California

BROCCOLI

Botanical name: Brassica oleracea



REASONS TO EAT BROCCOLI

A ½ cup of cooked broccoli has lots of vitamin C, vitamin K, vitamin A, and folate. Folate is a vitamin that helps make healthy red blood cells in your body. It may also help to protect against heart disease.

OCTOBER 2019 ~ LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SEPTEMBER 30 GRILLED ✓ CHEESE SANDWICH FRESH VEGETABLES APPLE	OCTOBER 1 CHEESEBURGER SLIDERS VEGETABLE & FRUIT DRIED FRUIT MIX	2 CORN DOG VEGGIES & RANCH DIP PEACHES	3 BEEF, BEAN & CHEESE TOSTADA BOWL LETTUCE, CHEESE & OLIVES BANANA	4 CHICKEN NUGGETS BBQ BEANS CARROTS & MIXED FRUIT BLUEBERRY JELL-O
7 CHICKEN SANDWICH LETTUCE & PICKLE BBQ BEANS FRUIT	8 LONGBOARD PEPPERONI PIZZA* VEGGIES & APPLE SLICES SUNBUTTER	9 TACO POCKET BEAN SALAD CUCUMBER ROUNDS ROSY PEARS	10 PANCAKE BRUNCH BERRY TOPPING SAUSAGE & TATER TOTS ORANGE SMILES	11 CHEESY BREAD BITES ✓ MARINARA SAUCE VEGGIES & RANCH DIP BLUEBERRIES
* NATIONAL SCHOOL LUNCH WEEK OCTOBER 14 ~ 18 *				
14 BEAN & CHEESE BURRITO VEGGIE SALAD FRUIT	15 MACARONI & CHEESE ✓ BROCCOLI WHOLE WHEAT ROLL FRUIT	16 CLASSIC HAMBURGER LETTUCE & PICKLE BABY CARROTS RAISINS	17 TERIYAKI CHICKEN VEGETABLE & RICE BOWL BANANA FORTUNE COOKIE	18 CHICKEN TENDERS BBQ BEANS SNAP PEAS & ALOHA ROLL ROSY APPLES
FALL BREAK OCTOBER 21 - 25				
28 CHICKEN SANDWICH LETTUCE & PICKLE TATER TOTS FRUIT	29 CHEESE PIZZA ✓ VEGGIES & RANCH DIP FRESH FRUIT ORANGE SMILES	30 BBQ PORK DIPPERS* BBQ BEANS CARROTS & BANANA CORNMEAL SUPERSTAR	31 CHICKEN NUGGETS PARMESAN QUINOA VEGGIES & BLUEBERRIES COOKIE	NOVEMBER 1 TURKEY & CHEESE SANDWICH LETTUCE & PICKLE FRUIT & CHIPS
Choice of non-fat or 1% milk *May contain pork ✓vegetarian Menu Subject to Change without notice				

THE FACTS ABOUT THE NATIONAL SCHOOL LUNCH PROGRAM (NSLP)

School meals have come a long way!

Today, kids are offered healthy, tasty and appealing choices:

- Fresh fruits and vegetables
- Reduced Trans Fats
- Whole grain pasta
- Pizza with whole wheat crust, low-fat cheese, low-sodium sauce
- Healthful cooking/preparation techniques
- Whole grains
- Salad
- Baked items rather than fried

School meals help kids maintain a healthy weight

- Students who eat school meals provided through the National School Lunch Program are more likely to be at a healthy weight.
- National School Lunch Program participants are more likely than non-participants to consume vegetables, milk and milk products, and meat and other protein-rich foods at lunch and they also consume less soda and/or fruit drinks.
- Students are less likely to gain weight during the school year when in school, then during the summer when school is out.

School meals are balanced and healthy

NSLP lunches must meet federal nutrition guidelines. These meals must:

- limit fat and saturated fat
 - provide one-third of the Recommended Dietary Allowance (RDA) of protein, calcium, iron, and vitamins A and C
 - contain age-appropriate portion sizes
 - provide the right balance of protein, dairy, grains, fruits and vegetables
- ~ and ~
- our meals contain local and/or organic fruit, vegetables and whole grains when available