

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 ~ PRESCHOOL LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SEPTEMBER 30 GRILLED ✓ CHEESE SANDWICH FRESH VEGETABLES APPLE	OCTOBER 1 CHEESEBURGER SLIDERS VEGETABLE & FRUIT FRESH FRUIT	² BEEF LASAGNA WHOLE WHEAT ROLL CARROTS PEACHES	³ BEEF, BEAN & CHEESE PITA GORDITA LETTUCE, CHEESE & OLIVES BANANA	⁴ CHICKEN NUGGETS BBQ BEANS ALOHA ROLL MIXED FRUIT
⁷ CHICKEN SANDWICH LETTUCE & PICKLE BBQ BEANS APRICOTS	⁸ PIZZA POCKET SALAD APPLE SLICES	⁹ TUNA SALAD CUCUMBER ROUNDS ROSY PEARS	¹⁰ PANCAKE BRUNCH BERRY TOPPING SAUSAGE & TATER TOTS STRAWBERRIES	¹¹ CHEESY BREAD BITES ✓ MARINARA SAUCE BROCCOLI BLUEBERRIES
* NATIONAL SCHOOL LUNCH WEEK OCTOBER 14 ~ 18 *				
¹⁴ BEAN & CHEESE BURRITO ✓ VEGGIE SALAD FRUIT	¹⁵ MACARONI & CHEESE ✓ BROCCOLI ORANGE	¹⁶ CLASSIC HAMBURGER LETTUCE & PICKLE CORN PEACHES	¹⁷ TERIYAKI CHICKEN VEGETABLE & RICE BOWL BANANA	¹⁸ CHICKEN TENDERS BBQ BEANS ALOHA ROLL ROSY APPLES
FALL BREAK OCTOBER 21 - 25				
²⁸ CHICKEN SANDWICH LETTUCE & PICKLE TATER TOTS MIXED FRUIT	²⁹ MACARONI & CHEESE ✓ BROCCOLI ORANGE	³⁰ BBQ PORK DIPPERS* BBQ BEANS ALOHA ROLL BANANA	³¹ CHICKEN NUGGETS PARMESAN QUINOA VEGGIES & BLUEBERRIES	NOVEMBER 1 TURKEY & CHEESE SANDWICH LETTUCE & PICKLE FRUIT
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

