

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

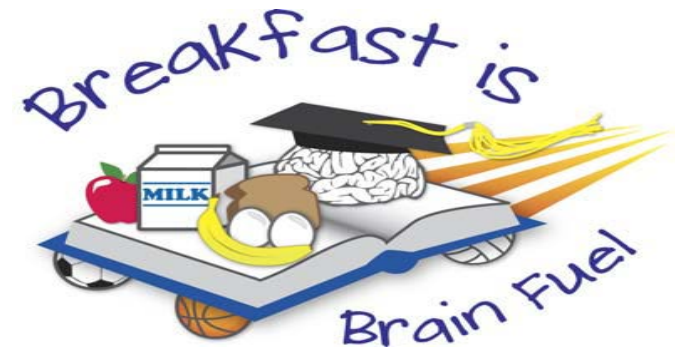
- Students who eat school meals provided through the National School Lunch Program are more likely to be at a healthy weight.
- National School Lunch Program participants are more likely than non-participants to consume vegetables, milk and milk products, and meat and other protein-rich foods at lunch 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

BREAKFAST MENU **FALL 2019**



WHY SCHOOL BREAKFAST?

School breakfast offers several connections to learning—students have the opportunity to eat a healthy breakfast each school morning closer to academic instruction time and students who eat a healthy breakfast are better able to focus on classroom lessons.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ASSORTED CEREAL CHEESE STICK FRUIT and/or 100% FRUIT or VEG JUICE MILK	BREAKFAST BAR FRUIT and/or 100% FRUIT or VEG JUICE MILK	BAGEL AND CREAM CHEESE FRUIT and/or 100% FRUIT or VEG JUICE MILK	BREAKFAST ROLLS OR MINI CINNIS FRUIT and/or 100% FRUIT or VEG JUICE MILK	POPTARTS OR MUFFIN AND CHEESE STICK FRUIT and/or 100% FRUIT or VEG JUICE MILK
<i>Breakfast consists of whole grains and /or protein servings, fruit and milk (no high-fructose corn syrup or growth hormone rBST).</i>				
Menu subject to change without notice.				

WHAT'S FOR SCHOOL BREAKFAST?

Meals served under the School Breakfast Program (SBP) must, by federal law, meet nutrition regulations based on the Dietary Guidelines for Americans and provide one fourth or more of the daily recommended levels for key nutrients that children need for growth and development. School breakfasts are an excellent source of protein, vitamins A and C, calcium, and iron. Foods are baked, not fried, made with low fat or lean ingredients, and include whole grains, fruit or 100% juice, and low fat or fat free milk that make each meal balanced and nutritious. Items offered as part of the School Breakfast Program are low in fat, sugar and salt (sodium) and are offered in portion sizes that are appropriate for children.

BREAKFAST IS BRAIN FUEL

Breakfast is the most important meal of the day because it...

- ~ Strengthens the brain
- ~ Helps establish healthy eating habits
- ~ Offers an opportunity to try new foods
- ~ Improves mood and behavior
- ~ Gives you energy
- ~ Keeps you healthy

Studies show that students who eat breakfast ...

- ~ have improved attendance and less tardiness
- ~ are able to pay attention longer
- ~ demonstrate better behavior in the classroom
- ~ perform better on tests
- ~ make fewer trips to the school nurse
- ~ have a better overall diet
- ~ are more likely to be at a healthy weight

WHEN A STUDENT EATS A NUTRITIOUS BREAKFAST, THEY ARE READY TO LEARN

Don't let your kids miss out on the benefits of a healthy breakfast. If there's no time for breakfast at home, **join us for BREAKFAST at SCHOOL!**

All students can participate; full pay, reduced and free.

"This institution is an equal opportunity provider."