

Harvest of the Month

Network for a Healthy California



STRAWBERRIES

Circle all meals on the menu that have strawberries.

- How many did you find?
- How many times are strawberries in the meals served for lunch? Breakfast?
- What is your favorite way to eat strawberries?

PLESD Elementary Schools

Breakfast

April, 2019

1	2	3	4	5
Apple Cinnamon Breakfast Pastry	Sausage Pancake on a Stick	Fresh Baked Muffin Squares	Breakfast Fruit Smoothie	Fresh Baked Cinnamon Rolls
Bagel + Cream Cheese	Bagel + Cream Cheese	Bagel + Cream Cheese	Bagel + Cream Cheese	Bagel + Cream Cheese
Cereal Bar + Cheese Stick	Cereal Bowl + Cheese Stick	Cereal Bowl + Cheese Stick	Cereal Bowl + Cheese Stick	Cereal Bar + Cheese Stick
8	9	10	11	12
Pancakes	Breakfast Slider	Chicken and Waffle Bites	Scrambled Egg Square + Graham Crackers	Fruit and Yogurt Parfait
Bagel + Cream Cheese	Bagel + Cream Cheese	Bagel + Cream Cheese	Bagel + Cream Cheese	Bagel + Cream Cheese
Cereal Bar + Cheese Stick	Cereal Bowl + Cheese Stick	Cereal Bowl + Cheese Stick	Cereal Bowl + Cheese Stick	Cereal Bar + Cheese Stick
15	16	17	18	19
22	23	24	25	26
Apple Cinnamon Breakfast Pastry	Sausage Pancake on a Stick	Fresh Baked Muffin Squares	Breakfast Fruit Smoothie	Fresh Baked Cinnamon Rolls
Bagel + Cream Cheese	Bagel + Cream Cheese	Bagel + Cream Cheese	Bagel + Cream Cheese	Bagel + Cream Cheese
Cereal Bar + Cheese Stick	Cereal Bowl + Cheese Stick	Cereal Bowl + Cheese Stick	Cereal Bowl + Cheese Stick	Cereal Bar + Cheese Stick
29	30			
Pancakes	Breakfast Slider			
Bagel + Cream Cheese	Bagel + Cream Cheese			
Cereal Bar + Cheese Stick	Cereal Bowl + Cheese Stick			

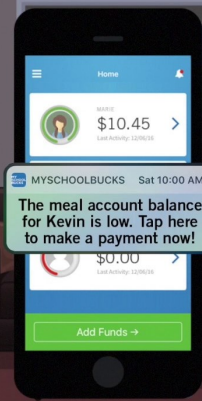
Wonderful 1% White Milk and Nonfat Charming Chocolate Milk Offered At Each Meal!



www.MYSchoolBucks.com



Get alerts when your student's balance runs low



Menus subject to change without notice

It's time to tune in—
make sure your student's accounts are up to date!

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Lunch

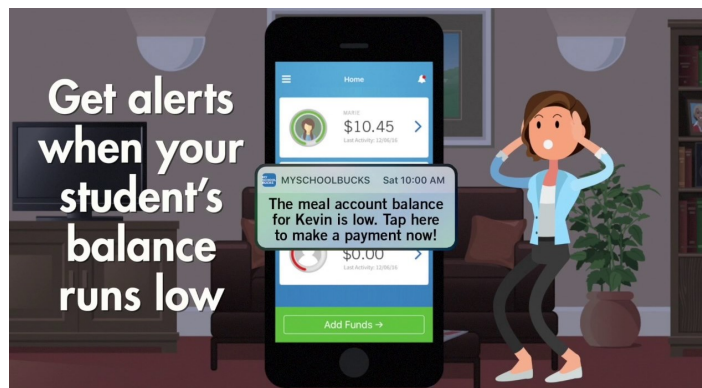
April, 2019

1	2	3	4	5
Bean and Cheese Burrito	Chicken Quesadilla	Chicken Nuggets	Hamburger	Smart Slice - Pepperoni
Goey Grilled Cheese	Cheese Quesadilla	Fruit and Yogurt Parfait	Veggie Burger	Smart Slice - Cheese
Roasted Sweet Potatoes	Fajita Peppers and Onions	Roasted Parmesan Broccoli	Seasoned Fries	
8	9	10	11	12
Chili Cheese Tot-chos	Beef Crunchy Tacos (2) and Rice	Breakfast for Lunch - Sausage Links + Pancakes	Mandarin Chicken Bowl	Bosco's Pepperoni Pizza Sticks
Soft Pretzel and Cheese Sauce	Black Bean and Rice Bowl	Breakfast for Lunch - Scramble Square + Pancakes	Edemame Bowl	Bosco's Cheese Pizza Sticks
Sauteed Spinach Greens	Smooth Refried Beans	Breakfast Tator Tots	Stir Fry Veggies	Marinara Sauce
15	16	17	18	19
22	23	24	25	26
Mac N Cheese with Garlic Bread	Baja Fishtick Tacos (2)	Chicken Strips	Rib B Que Sandwich	Smart Slice - Pepperoni
Fruit and Yogurt Parfait	Cheese Quesadilla	Bean and Cheese Burrito	Veggie Burger	Smart Slice - Cheese
BBQ Baked Beans	Zesty Coleslaw	Three Bean Salad	Seasoned Fries	Garlic Steamed Green Beans
29	30			
Pasta with Red Sauce and Cheesey Breadstick	Southwest Chicken Bowl			
Pizza Bites and Sauce	Black Bean and Rice Bowl			
Oven Roasted Parmesan Broccoli	Fajita Peppers and Onions			

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