

Harvest of the Month

Network for a Healthy California

Botanical name: *Solanum lycopersicum*



TOMATOES

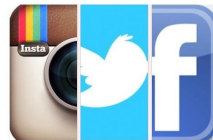
Circle all tomatoes and tomato products on the menu.

- How many did you find?
- How many do you plan to eat this month?
- What is your favorite tomato or tomato product?

Welcome Back To School!

Breakfast

August, 2018

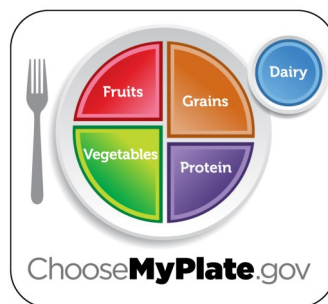


Want to see what we're up to? We want to show you! Follow us on Facebook, Instagram, and Twitter!

@PLESDWellness

| 13 | 14 | 15 | 16 | 17 |
|------------------------------------|----------------------------|----------------------------|---|----------------------------|
| | | | Scrambled Egg Square + Graham Crackers | Fruit and Yogurt Parfait |
| | | | Bagel + Cream Cheese | Bagel + Cream Cheese |
| | | | Cereal Bowl + Cheese Stick | Cereal Bar + Cheese Stick |
| 20 | 21 | 22 | 23 | 24 |
| 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 |
| 27 | 28 | 29 | 30 | 31 |
| 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 |

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



Add tomatoes to your breakfast by tossing a small handful of diced tomatoes into your scrambled eggs. Or add slices of red tomatoes and avocados to whole wheat toast. Yum!

Menus subject to change without notice

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TOMATOES

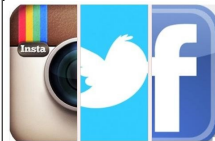
Circle all tomatoes and tomato products on the menu.

- How many did you find?
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Welcome Back To School!

Lunch

August, 2018



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| 13 | 14 | 15 | 16 | 17 |
|-------------------------------|---------------------------------|--|-----------------------|--------------------------------|
| | | | Teriyaki Chicken | Primo Pepperoni Pizza |
| | | | Stir Fry Edemame Bowl | Primo Cheese Pizza |
| | | | Stir Fry Veggies | |
| 20 | 21 | 22 | 23 | 24 |
| Bean and Cheese Burrito | Chicken Quesadilla | Chicken Nuggets | Hamburger | Smart Slice - Pepperoni |
| Goopy 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 | |
| 27 | 28 | 29 | 30 | 31 |
| 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 |

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

Menus subject to change without notice



We're proud to offer our students California grown foods!



Tomatoes grow in a variety of colors and sizes. Try adding wedges of golden tomatoes to your salad, or slice some tiny cherry tomatoes in half to give your pasta a pop of color and flavor!