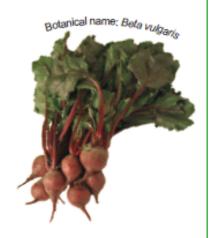
# Harvest of the the Month Network for a Healthy California



## **BEETS**

### Circle all vegetables on the menu.

- How many are red?
- How many are green?
- Are beets on the menu or in the salad bar?
- Draw a star next to your favorite vegetable.

## Harvest PLESD Elementary Schools

Breakfast				<u>-ebruary. 2019</u>
	@PLESDWellness			1
Inste				Fruit and Yogurt Parfait
	Bagel + Cream Cheese			
	Cereal Bar + Cheese Stick			
4	5	6	7	8
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
11	12	13	14	15
	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
	Cereal Bowl + Cheese Stick	Cereal Bowl + Cheese Stick	Cereal Bowl + Cheese Stick	Cereal Bar + Cheese Stick
18	19	20	21	22
	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
	Cereal Bowl + Cheese Stick	Cereal Bowl + Cheese Stick	Cereal Bowl + Cheese Stick	Cereal Bar + Cheese Stick
25	26	27	28	
Pancakes	Breakfast Slider	Chicken and Waffle Bites	Scrambled Egg Square + Graham Crackers	
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	

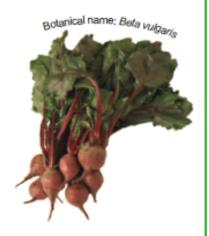


\*Menus subject to change without notice\*



Each Meal!

# Network for a Healthy California



## BEETS

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## Harvest IPLESD Elementary Schools

Lunch				February, 2019		
				1		
				Primo Pepperoni Pizza		
				Primo Cheese Pizza		
4	5	6	7	8		
Bean and Cheese Burrito	Chicken Quesadilla	Chicken Nuggets	Hamburger	Smart Slice - Pepperoni		
Gooey 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			
11	12	13	14	15		
	Beef Crunchy Tacos (2) and Rice	Breakfast for Lunch - Sausage Links + Pancakes	Mandarin Chicken Bowl	Bosco's Pepperoni Pizza Siticks		
	Black Bean and Rice Bowl	Breakfast for Lunch - Scramble Square + Pancakes	Edemame Bowl	Bosco's Cheese Pizza Sticks		
	Smooth Refried Beans	Breakfast Tator Tots	Stir Fry Veggies	Marinara Sauce		
18	19	20	21	22		
	Baja Fishtick Tacos (2)	Chicken Strips	Rib B Que Sandwich	Smart Slice - Pepperoni		
	Cheese Quesadilla	Bean and Cheese Burrito	Veggie Burger	Smart Slice - Cheese		
	Zesty Coleslaw	Three Bean Salad	Seasoned Fries	Garlic Steamed Green Beans		
25	26	27	28			
Pasta with Red Sauce and Cheesey Breadstick	Southwest Chicken Bowl	Jumbo Corn Dog	Teriyaki Chicken			
Pizza Bites and Sauce	Black Bean and Rice Bowl	Toasted Mozzarella Pinwheel	Stir Fry Edemame Bowl			
Oven Roasted Parmesan Broccoli	Fajita Peppers and Onions		Stir Fry Veggies			











\*Menus subject to change without notice\*



@PLESDWellness



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Wonderful 1% White Milk and Nonfat Charming Chocolate Milk Offered

At Each Meal!