

Harvest of the Month

Network for a Healthy California



KIWIFRUIT

Count how many meals on the menu have a green fruit or vegetable in them.

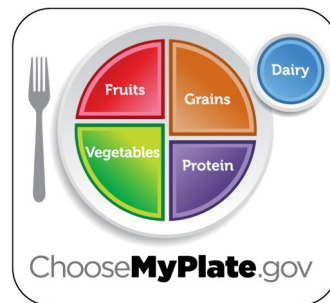
- How many did you find?
- How many kiwis did you find?
- What is your favorite green fruit or vegetable?

National School Lunch Week

October 15th—19th

Breakfast			October, 2018	
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
	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
15	16	17	18	19
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
22	23	24	25	26
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
29	30	31		
Apple Cinnamon Breakfast Pastry	Sausage Pancake on a Stick	Fresh Baked Muffin Squares		
Bagel + Cream Cheese	Bagel + Cream Cheese	Bagel + Cream Cheese		
Cereal Bar + Cheese Stick	Cereal Bowl + Cheese Stick	Cereal Bowl + Cheese Stick		

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



@PLESDWellness

Menus subject to change without notice

Kiwis are the perfect grab-n-go fruit for those early morning starts. Add kiwi slices to cereal for a bright bite, or blend into a Monster Green Smoothie with yogurt and spinach.

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Count how many meals on the menu have a green fruit or vegetable in them.

- How many did you find?
- How many kiwis did you find?
- What is your favorite green fruit or vegetable?

National School Lunch Week

October 15th—19th

Lunch			October, 2018	
1	2	3	4	5
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
8	9	10	11	12
	Southwest Chicken Bowl	Jumbo Corn Dog	Teriyaki Chicken	Primo Pepperoni Pizza
	Black Bean and Rice Bowl	Toasted Mozzarella Pinwheel	Stir Fry Edemame Bowl	Primo Cheese Pizza
	Fajita Peppers and Onions	Roasted Corn	Stir Fry Veggies	
15	16	17	18	19
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	
22	23	24	25	26
Chili Cheese Tot-chos	Beef Crunchy Tacos (2) and Rice	Breakfast for Lunch - Sausage Links +	Mandarin Chicken Bowl	Bosco's Pepperoni Pizza Sticks
Soft Pretzel and Cheese Sauce	Black Bean and Rice Bowl	Breakfast for Lunch - Scramble Square +	Edemame Bowl	Bosco's Cheese Pizza Sticks
Sauteed Spinach Greens	Smooth Refried Beans	Breakfast Tator Tots	Stir Fry Veggies	Marinara Sauce
29	30	31		
Mac N Cheese with Garlic Bread	Baja Fishtick Tacos (2)	Chicken Strips		
Fruit and Yogurt Parfait	Cheese Quesadilla	Bean and Cheese Burrito		
BBQ Baked Beans	Zesty Coleslaw	Three Bean Salad		

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



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



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Want to add some zest and spice to your plate? Dice up kiwis, jalapeno peppers, red onions, navel oranges, and cilantro for the tastiest topping for chicken, fish, or even whole grain toast!