

Harvest of the Month

Network for a Healthy California

Botanical name: *Diospyros kaki*



PERSIMMONS

Circle all meals with orange fruits and vegetables in them.

- How many did you find?
- What is your favorite orange fruit?
- What is your favorite orange vegetable?
- How many orange fruits and vegetables will you eat this month?

Save some time - pay online!

Monitor your student's account and make credit or debit payments online with

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Breakfast

September, 2018

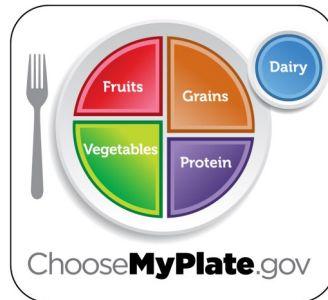
3	4	5	6	7
	Breakfast Slider	Chicken and Waffle Bites	Scrambled Egg Square + Graham Crackers	Fruit and Yogurt Parfait
	Bagel + Cream Cheese	Bagel + Cream Cheese	Bagel + Cream Cheese	Bagel + Cream Cheese
	Cereal Bowl + Cheese Stick	Cereal Bowl + Cheese Stick	Cereal Bowl + Cheese Stick	Cereal Bar + Cheese Stick
10	11	12	13	14
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
17	18	19	20	21
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
24	25	26	27	28
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

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



@PLESDWellness

Menus subject to change without notice



Persimmons make a great addition to warm oatmeal as the mornings turn chilly. Dice up a delicious Fuyu Persimmon and sprinkle with cinnamon before adding to oatmeal or yogurt.

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Lunch

September, 2018

3	4	5	6	7
	Chicken Quesadilla	Chicken Nuggets	Hamburger	Smart Slice - Pepperoni
	Cheese Quesadilla	Fruit and Yogurt Parfait	Veggie Burger	Smart Slice - Cheese
	Fajita Peppers and Onions	Roasted Parmesan Broccoli	Seasoned Fries	
10	11	12	13	14
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
17	18	19	20	21
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
24	25	26	27	28
Pasta with Red Sauce and Cheesy Breadstick	Southwest Chicken Bowl	Jumbo Corn Dog	Teriyaki Chicken	Primo Pepperoni Pizza
Pizza Bites and Sauce	Black Bean and Rice Bowl	Toasted Mozzarella Pinwheel	Stir Fry Edemame Bowl	Primo Cheese Pizza
Oven Roasted Parmesan Broccoli	Fajita Peppers and Onions	Roasted Corn	Stir Fry Veggies	

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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The evenings are beautiful this time of year. Add some slices of Fuyu Persimmons to the grill and serve with vanilla ice cream or frozen yogurt for a flavorful seasonal dessert you won't forget!