

# Harvest of the Month

Network for a Healthy California

Botanical name: *Solanum lycopersicum*



## TOMATOES

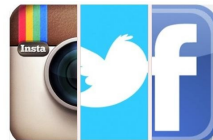
Circle all tomatoes and tomato products on the menu.

- 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

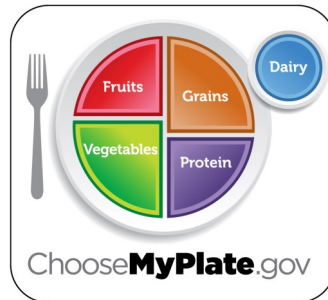


Want to see what we're up to? We want to show you! Follow us on Facebook, Instagram, and Twitter!

@PLESDWellness

13	14	15	16	17
			Breakfast Fruit Smoothie	Fresh Baked Cinnamon Rolls
			Bagel + Cream Cheese	Bagel + Cream Cheese
			Cereal Bowl + Cheese Stick	Cereal Bar + Cheese Stick
20	21	22	23	24
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
27	28	29	30	31
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!



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

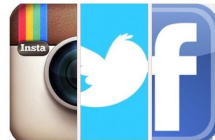
Circle all tomatoes and tomato products on the menu.

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

Lunch

August, 2018



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@PLESDWellness

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
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	
27	28	29	30	31
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!

\*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!