

Harvest of the Month

Network for a Healthy California



MANDARINS

Circle all meals with citrus fruits in them.

- How many different types of citrus fruits are being served?
- How many are fresh? Canned? Juices?
- What is your favorite citrus fruit?

PLESD Elementary Schools

@PLESDWellness



Breakfast

December, 2018

3	4	5	6	7
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
10	11	12	13	14
Pancakes	Breakfast Slider	Chicken and Waffle Bites	Scrambled Egg Square + Graham Crackers	Chef's Choice!
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



fresh citrus from Tri-L Mandarin Ranch
Oroville, California

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



MySchoolBucks.com



Menus subject to change without notice

Mandarins pack a punch! Chock full of Vitamins A, B, and C, mandarin oranges help keep you ready to fight off a cold and your skin healthy.

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LUNCH					December, 2018				
3	4	5	6	7	10	11	12	13	14
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					
Pasta with Red Sauce and Cheesy Breadstick	Southwest Chicken Bowl	Jumbo Corn Dog	Teriyaki Chicken	Chef's Choice!					
Pizza Bites and Sauce	Black Bean and Rice Bowl	Toasted Mozzarella Pinwheel	Stir Fry Edemame Bowl						
Oven Roasted Parmesan Broccoli	Fajita Peppers and Onions	Roasted Corn	Stir Fry Veggies						



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Tri-L Mandarin Ranch in Oroville, CA grows the beautiful mandarin oranges we feature this time of year. Delivered fresh by the farmer himself, these sweet nuggets of sunshine are a HUGE hit at school!