

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?



Riverside Meadows Intermediate School

@PLESDWellness



Breakfast

December, 2018

3	4	5	6	7
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
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
				
		26		

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



www.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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CALIFORNIA THURSDAYS™

Lunch

December, 2018

3	4	5	6	7
Bean and Cheese Burrito	Chicken Quesadilla	Chicken Nuggets	Hamburger	Smart Slice - Pepperoni
Goopy 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	
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



fresh citrus from Tri-L Mandarin Ranch

Oroville, California

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



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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!