

# Harvest of the Month

Network for a Healthy California

Botanical name: *Beta vulgaris*



## BEETS


Circle all vegetables on the menu.

- How many are red?
- How many are green?
- Are beets on the menu or in the salad bar?
- Draw a star next to your favorite vegetable.

# PLESD Elementary Schools

Breakfast

February, 2019

 @PLESDWellness				1
				Fruit and Yogurt Parfait
				Bagel + Cream Cheese
				Cereal Bar + Cheese Stick
4	5	6	7	8
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
11	12	13	14	15
	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
18	19	20	21	22
	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
	Cereal Bowl + Cheese Stick	Cereal Bowl + Cheese Stick	Cereal Bowl + Cheese Stick	Cereal Bar + Cheese Stick
25	26	27	28	
Pancakes	Breakfast Slider	Chicken and Waffle Bites	Scrambled Egg Square + Graham Crackers	
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	

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



\*Menus subject to change without notice\*



[www.MYSchoolBucks.com](http://www.MYSchoolBucks.com)

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Lunch February, 2019

				1
				Primo Pepperoni Pizza
				Primo Cheese Pizza
4	5	6	7	8
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	
11	12	13	14	15
	Beef Crunchy Tacos (2) and Rice	Breakfast for Lunch - Sausage Links + Pancakes	Mandarin Chicken Bowl	Bosco's Pepperoni Pizza Sticks
	Black Bean and Rice Bowl	Breakfast for Lunch - Scramble Square + Pancakes	Edemame Bowl	Bosco's Cheese Pizza Sticks
	Smooth Refried Beans	Breakfast Tator Tots	Stir Fry Veggies	Marinara Sauce
18	19	20	21	22
	Baja Fishtick Tacos (2)	Chicken Strips	Rib B Que Sandwich	Smart Slice - Pepperoni
	Cheese Quesadilla	Bean and Cheese Burrito	Veggie Burger	Smart Slice - Cheese
	Zesty Coleslaw	Three Bean Salad	Seasoned Fries	Garlic Steamed Green Beans
25	26	27	28	
Pasta with Red Sauce and Cheesy Breadstick	Southwest Chicken Bowl	Jumbo Corn Dog	Teriyaki Chicken	
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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