

# Harvest of the Month

Network for a Healthy California

Botanical name: *Capsicum annuum*



## PEPPERS

Circle all vegetables on the menu.

- How many vegetables are green?
- How many are red?
- How many are yellow?
- Draw a star next to your favorite vegetables.


# Riverside Meadows Intermediate School



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

## Breakfast

May, 2019

 @PLESDWellness		1	2	3		
		Fresh Baked Muffin Squares	Breakfast Fruit Smoothie	Fresh Baked Cinnamon Rolls		
		Bagel + Cream Cheese	Bagel + Cream Cheese	Bagel + Cream Cheese		
		6	7	8	9	10
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		
		13	14	15	16	17
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		
		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
	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		

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

\*Menus subject to change without notice\*

# MY SCHOOL BUCKS

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Slice off the top and bottom of a bell pepper. Slit one side of the pepper from top to bottom. Remove the seeds and seed membrane. Slice the pepper into strips. Pack strips into baggies or reusable containers for a quick snack between meals.



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## Lunch

May, 2019

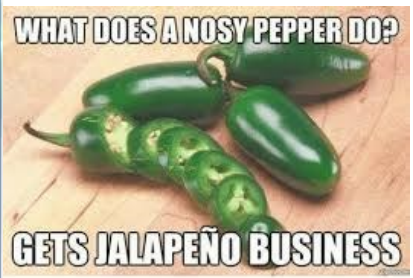
 @PLESDWellness		1	2	3
		Breakfast for Lunch - Sausage Links + Pancakes	Mandarin Chicken Bowl	Bosco's Pepperoni Pizza Sticks
		Breakfast for Lunch - Scramble Square + Pancakes	Edemame Bowl	Bosco's Cheese Pizza Sticks
		Breakfast Tator Tots	Stir Fry Veggies	Marinara Sauce
6	7	8	9	10
Mac N Cheese with Garlic 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
13	14	15	16	17
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	
20	21	22	23	24
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	
27	28	29	30	31
	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

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

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