

Harvest of the Month

Network for a Healthy California

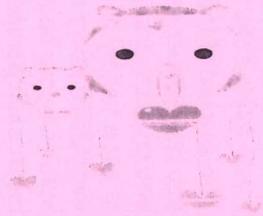
Botanical name: Brassica oleracea



BROCCOLI

Circle all meals on the menu that include broccoli.

- How many meals did you find?
- How many different ways can you think of to eat broccoli?
- How much broccoli do you plan to eat this week?



February 2026



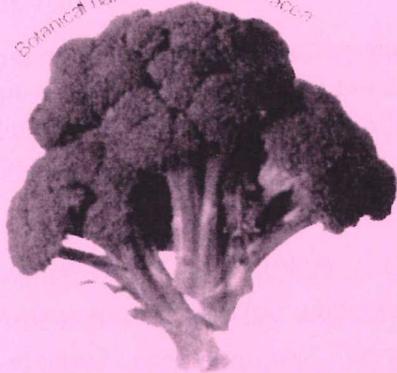
	Monday	Tuesday	Wednesday	Thursday	Friday
	2	3	4	5	6
	French Toast Sticks Pears Fruit Juice Milk Choice	Oatmeal Breakfast Round Apples Fruit Juice Milk	Breakfast Bake Fruit Fruit Juice Milk	Blueberry Bubble Bread Fruit Fruit Juice Milk	Breakfast Pizza Apples Fruit Juice Milk
	9	10	11	12	13
	Cereal String Cheese Fruit Fruit Juice Milk	Pancake on a Stick Strawberries Fruit Juice Milk Choice	Biscuits & Gravy Pears Fruit Juice Milk	Bacon Egg Muffin Fruit Fruit Juice Milk	W/G Muffin Oranges Fruit Juice Milk
	16	17	18	19	20
		PRESIDENT'S		WEEK	
	23	24	25	26	27
	Waffle w/syrup Mixed Fruit Fruit Juice Milk	Breakfast enchiladas Fruit Juice Fruit Milk	Blueberry Pancakes Yogurt Cup Fruit Juice Milk	Breakfast Pita Apples Fruit Juice Milk	Cinimon Rolls Oranges Fruit juice Milk Choice
	Milk = non fat or 1% white milk				

this institution is an equal opportunity provider

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February

Monday	Tuesday	Wednesday	Thursday	Friday
2 Chicken Enchiladas Spanish rice Refried Beans Pineapple Milk	3 Spaghetti /meatballs Salad Garlic Breadsticks Cherries Milk	4 Chicken Chow Mein Potstickers Asian Veggies Pears Milk	5 Beef Stroganoff W/noodles Carrots Apple Cobbler Milk	6 Corn Dog Broccoli Coleslaw Apple Milk
9 Chicken Tetrazinni Salad Breadsticks Carrots Fruit Milk	10 Pork Rib on a bun Lettuce/tomato Tri-tater Kiwi Milk	11 Lasagna Salad Garlic Rolls Pears Milk	12 Baked Chicken Cheesy Broccoli Rice Corn Peaches Milk	13 Sloppy Joes Sweet Potato Puffs Baked Beans Cherrie Crisp Milk
16 President's	17 Week	18 Vacation	19	20
23 Hot Dogs French Fries Apples Milk	24 Orange Chicken Fried Rice Egg Rolls Oranges Milk	25 Chicken Alfredo w/penne Salad Fruit Milk	26 Taco Salad Refried Beans Pineapples Cinnamon Puffs Milk	27 Beef W/noodles Carrots Salad Fruit Milk