

# 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?

Monday	Tuesday	Wednesday	Thursday	Friday
5 Hot Dogs Potato Wedges Broccoli Apple Milk Choice	6 Chicken Wrap Lettuce/tomato Rice Fruit Milk Choice	7 Penne W/Meat Sauce Garden Spinach Salad Fresh Grapes Milk Choice	8 Taco Salad Refried Beans Cinnamon Puffs Pineapple Milk Choice	9 Chicken W/Noodles Mashed Potato Green Beans Oranges Milk Choice
12 Hamburger Lettuce & Tomato Wedges Banana Milk Choice	13 Chicken Strips Mashed Potato/Gravy Fresh Broccoli Apples Milk Choice	14 Chili Corn Chips Celery Cinnamon Rolls Oranges Milk Choice	15 Baked Ham Two Potato Mash Green Beans Angel Biscuits Kiwi Milk Choice	16 Macaroni & Cheese Meatballs Seasoned peas Carrots Apple Milk Choice
19 	20 Pepperoni Pizza Salad Cherry Tomatoes Orange Milk Choice	21 Taco Burger Lettuce & Tomato Refried Beans Apple Milk Choice	22 Italian Pasta Bake Carrots Pears Brownie Milk Choice	23 Chicken Pattie Mashed Potatoes/gravy Green Beans Roll Fruit Milk Choice
26 Beef & Bean Burrito Romaine & Tomato Corn Apple Milk	27 Stromboli Spinach Salad Carrots Kiwi Milk	28 BBQ Beef on a Bun Sweet Potato fries Baked Beans Orange Milk	29 Turkey & Cheese Sub Lettuce & Tomato Oven Fries Peaches Milk	30 Chicken Fried Steak Mashed Potato W/gravy Mixed Veggies Fruit Milk Choice c

This institution is an equal opportunity provider

# Harvest of the Month

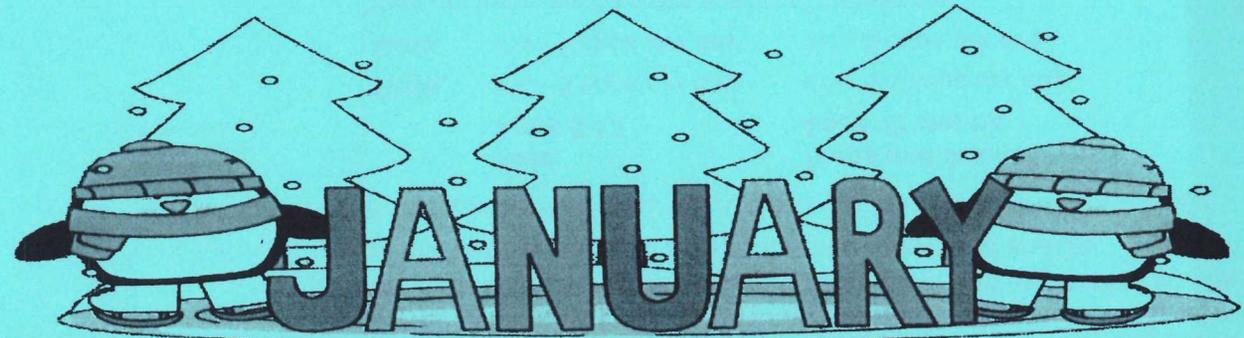
Network for a Healthy California



## 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?



Monday	Tuesday	Wednesday	Thursday	Friday
5 Waffles Pears Fruit Juice Milk Choice	6 Star Spanged Pancake Sausage Mixed Fruit Milk Choice	7 Whole Wheat Bagel W/toppings Pineapple Extra Fruit Milk Choice	8 Breakfast Pita Pears Fruit Juice Milk Choice	9 W/G Cinnamon Roll Oranges Fruit Juice Milk Choice
12 Cereal Yogurt Cup Pears Fruit Juice Milk Choice	13 Biscuit & Gravy Peaches Fruit Juice Milk Choice	14 Coffecake Fresh Fruit Cup Fruit Juice Milk Choice	15 Western Omelette W/Salsa Apples Milk Choice	16 French Toast Apple Fruit Juice Milk Choice
19 <b>MLK Day</b>	20 Waffles Pears Fruit Juice Milk Choice	21 Breakfast Pizza Peaches Extra Fruit Milk Choice	22 Egg Taco Salsa Peaches Fruit Juice Milk Choice	23 WG Muffin Tropical Fruit Extra Fruit Milk Choice
26 Cereal Sausage Fruit Fruit Juice Milk Choice	27 Biscuit & Gravy Apples Fruit Juice Milk Choice	28 Granola Bar Apricots Fruit Juice Milk Choice	29 Chicken Biscuit Pineapple Extra Fruit Milk Choice	30 Pancake on a stick Oranges Extra Fruit Milk Choice

This institution is an equal opportunity provider