

Harvest of the Month

Network for a Healthy California

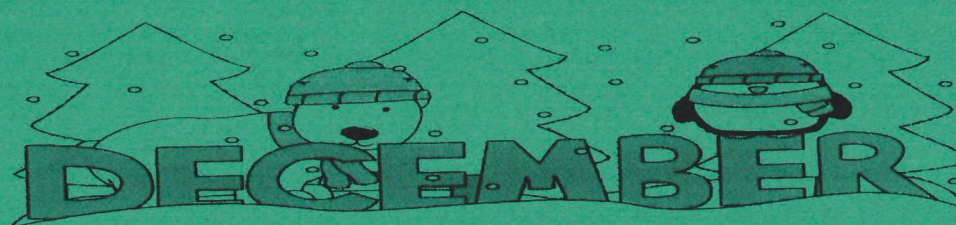
Botanical name: *Brassica oleracea*



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?

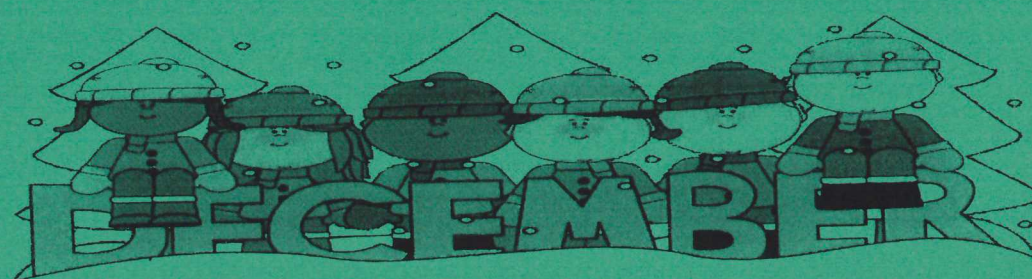


	Monday	Tuesday	Wednesday	Thursday	Friday	
	1 Cereal Sausage Fruit Fruit Juice Milk	2 Biscuits with Gravy Apricots Fruit Fruit Juice Milk	3 Granola Bar Apricots Fruit Juice Milk	4 Breakfast Sandwich Oranges Fruit Juice Milk	5 Pancake on a stick Strawberries Fruit Juice Milk	
	8 French Toast w/syrup Citrus Cup Fruit Juice Milk	9 Whole Grain Cinnamon Roll Fruit Cocktail Extra Fruit Milk	10 Bagel Bars Orange Fruit Juice Milk	11 Blueberry Bubble Bread Mixed Fruit Fruit Juice Milk	12 Breakfast Pizza Apple Fruit Juice Milk	
	15 Cereal String Cheese Peaches Fruit Juice Milk	16 Pancake on a stick Strawberries Fruit Juice Milk	17 Biscuits with Gravy Apricots Extra Fruit Milk	18 Breakfast Sandwich Oranges Fruit Juice Milk	19 Whole Grain Muffin Fruit Juice Pears Milk	
	22	23	24 CHRISTMAS	25 Merry Christmas	26 VACATION	
	30	31	1 HAPPY	2 NEW	3 YEAR	

This institution is an equal opportunity provider

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Butterhead - Brassica oleracea



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Monday	Tuesday	Wednesday	Thursday	Friday
1 Burrito Romaine & Tomato Mexican Corn Apples 1%/nofat flavored Milk	2 Stromboli Spinach Salad Carrots Strawberries 1%/nofat flavored Milk	3 BBQ Chicken Sand Sweet Potato Puffs Baked Beans Oranges Milk Choice	4 Turkey & Cheese Sub Lettuce/Tomato Chips Fruit 1%/nofat flavored milk	5 Chicken Patties Mashed Potatoes Fresh Broccoli Mixed Fruit Milk
8 Taco Soup Corn chips Fresh Broccoli Kiwi 1%/nofat flavored Milk	9 Corn Dogs Spinach Sald Carrots Peas Apples Milk	10 Beef & Noodles Mashed Potatoes Carrots Pineapple 1%/nofat flavored Milk	11 Chicken Quesadilla Salsa & Chips Refried Beans Strawberries/banana 1%/nofat flavored Milk	12 Cowboy cavatinni Tossed Salad Green Beans Mixed Fruit 1%/nofat flavored Milk
15 Chicken Tetrzzini Tossed Salad Carrots Breadstick Apple 1%/nofat flavored Milk	16 Pork Rib on a Bun Lettuce & Tomato Tri-tater Green Beans Peaches %/nofat flavored Milk	17 Lasagna Spinach Salad Breadstick Pears 1%/nofat flavored Milk	18 Baked Chicken Savory Rice w/corn Fresh Broccoli Roll Pineapple 1%/nofat flavored Milk	19 Sloppy Joes Sweet Potato fries Baked Beans Mixed Fruit 1%/nofat flavored Milk
22 CHRISTMAS	23 VACATION	24	25	26