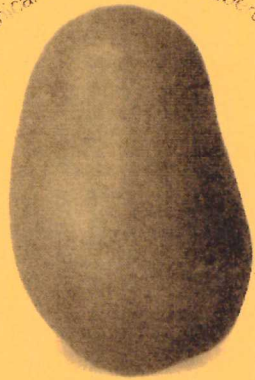


Harvest of the Month

Network for a Healthy California

Botanical name: *Solanum tuberosum*



POTATOES

Circle all meals that have a white, tan, or brown vegetable in them.

- How many did you find?
- How many times are potatoes on the menu?
- How many different ways are potatoes served?
- What is your favorite way to eat potatoes?

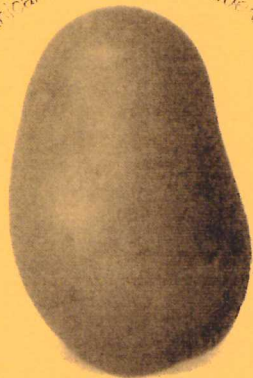
August 2025

Monday	Tuesday	Wednesday	Thursday	Friday
Milk Choice = 1% or nonfat				
WELCOME		BACK		
18 Cereal String Cheese Peaches Juice Milk Choice	19 Biscuits with Gravy Pears Fruit Juice Milk Choice	20 Coffee Cake Apricots Fruit Juice Milk Choice	21 Western Omelet Quesadilla with Tomato Salsa Fruit Fruit Juice Milk Choice	22 French Toast Sticks with Syrup Fruit Cocktail Fruit Juice Milk Choice
25 Cini Mini Oranges Fruit Juice Milk Choice	26 Mini Waffles with Syrup Apricots Fruit Juice Milk Choice	27 Breakfast Pizza Peaches Fruit Juice Milk Choice	28 Excellent Egg Taco with Tomato Salsa Fresh Fruit Fruit Juice Milk Choice	29 Muffin Applesauce Fruit Juice Milk Choice

Harvest of the Month

Network for a Healthy California

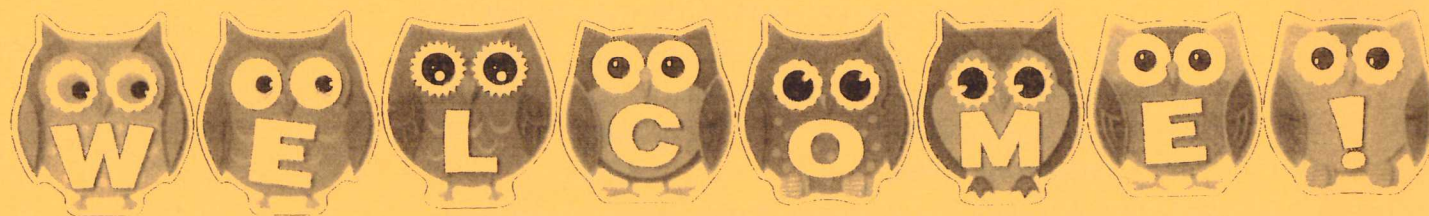
Botanical name: *Solanum tuberosum*



POTATOES

Circle all meals that have a white, tan, or brown vegetable in them.

- How many did you find?
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	Monday	Tuesday	Wednesday	Thursday	Friday
	Milk Choice = 1% or nonfat Flavored				
	18 Hamburgers Lettuce/Tomato Wedges Apples Milk Choice	19 Chicken Nuggets Mashed Potatoes/Gravy Green Beans Fruit Milk Choice	20 Chili Corn Chips Cucumber Celery Fruit Milk Choice	21 Baked Ham Fried Potatoes Fruit Corn Milk Choice	22 Macaroni & Cheese Meatballs Peas/Carrots Apple Milk Choice
	25 Hot Ham/Cheese sand Potatao wedges Broccoli Apples Milk Choice	26 Pepperoni Pizza Tossed Salad Banana Milk	27 Taco burger Lettuce/Tomato Refried Beans Pears Milk Choice	28 Italian Pasta Bake Mixed Veggies Applesauce Royal Brownie Milk	29 Chicken Fritters Mashed Potato/Gravy Fresh Broccoli Fruit Milk Choice