

Harvest of the Month

Network for a Healthy California



APPLES

Circle all apples on the menu.

- How many did you find?
- How many different ways are apples served?
- How many apples do you plan to eat this week?

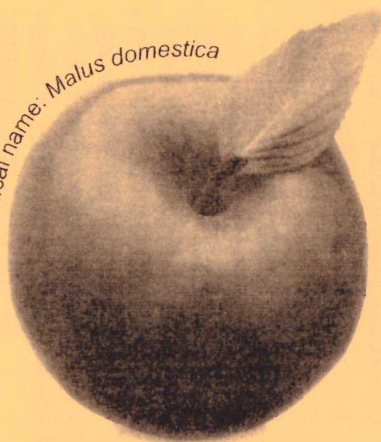
Monday	Tuesday	Wednesday	Thursday	Friday
Milk= 1% white or non fat		1 Biscuit & Gravy Oranges Fresh fruit Milk	2 Bagel bar Fruit Fruit Juice	3 Breakfast Bar Fruit Fruit Juice Milk
6 W/G Cinnamon Roll Fruit Juice Apricots Milk	7 Breakfast Pizza Apricots Peaches Milk	8 W/G Waffles Apricots Fruit Juice Milk	9 Egg Taco w/salsa Peaches Fruit Juice Milk	10 W/G Muffin Rosey Applesauce Fruit Juice Milk
13 Cereal Fruit Cup Fruit Juice Milk	14 Pancake on a Stick Strawberries Fruit Juice Milk	15 French Toast Mixed Fruit Pears Milk	16 Breakfast Bar Yogurt Cup Fruit Milk	17 Breakfast Sandwich Mixed Fruit Orange Milk
20 French Toast Sticks Fruit Fruit juice Milk	21 Biscuit & Gravy Apple Tropical Fruit Milk	22 Granola Bar Fruit Juice Banana Milk	23 Breakfast Pizza Peaches Fruit Juice Milk	24 Western Omelet Quesadilla w/salsa Apples Fruit Juice Milk
27 Cereal Fruit Fruit juice Milk	28 Breakfast Pizza Peaches Fruit Juice Milk	29 W/G Bagel w/toppings Apple Milk	30 Coffeecake Fruit cup Fruit Juice Milk	31 Spooky Mystery Breakfast

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Botanical name: *Malus domestica*



APPLES

Choose all apples in the menu.

- How many did you find?
- How many different ways are apples served?
- How many apples do you plan to eat this week?

October

Monday	Tuesday	Wednesday	Thursday	Friday
Milk = 1% unflavored or non fat flavored		1 Chicken Chili Cornbread Cauliflower Fruit Milk	2 Turkey & Cheese Subs Lettuce/ tomato Chips Fruit Milk	3 Peanut Butter & Jelly Chips Baby carrots Fruit Milk
6 Chicken Tetrzzini Tossed Salad w/romaine Steamed Carrots Strawberries Breadstick Milk	7 Pork Rib on a bun Lettuce/Tomato Tri-tater Green Beans Kiwi Milk	8 Lasagna Garden Spinach Salad W/G Bread Stick Apple Wedges Milk	9 Baked Chicken Savory Rice w/corn Broccoli Oatmeal Roll Peaches Milk	10 Sloppy Joes Sweet Potato Fries Baked Beans Grapes Milk
13 Burrito Lettuce/tomato Spanish Rice Fruit Milk	14 Chicken Wrap Romaine & Tomato Spanish Rice Steamed Carrots Grapes Milk	15 Cowboy Cavatini Tossed Salad Green Beans Fruit Milk	16 Chicken Quesadilla Salsa & Chips Refried Beans Oranges Milk	17 Taco Burger Lettuce & Tomato Refried Beans Pears Milk
20 Baked Ham Fried Potatoes Fruit Corn Milk	21 Taco Salad Black Bean Salsa Rice Fuit Milk	22 Pizza Tossed Salad Mixed Fruit Milk	23 BBQ Chicken Sand Fries Coleslaw Corn Milk	24 Meatballs Mac and Cheese Carrots Fruit Milk
27 Taco Soup W/G Corn chips Fresh Broccoli Pears Cookie Milk	28 Chicken Nuggets Mashed Potatoes Peas Fresh fruit Milk	29 Italian Pasta Bake Peas & Carrots Applesauce Brownie Milk	30 Chicken & Noodles Mashed Potatoes Green Beans Fresh fruit Milk	31 ????????? Eyes in Blood Sauce Zombie brains Liquid Ghost

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