

FEBRUARY 2012 ~ LUNCH MENU

Harvest of the Month
 Network for a Healthy California

FEBRUARY DRY BEANS



Reasons to Eat Dry Beans

A ½ cup of most dry bean varieties (garbanzo, kidney, lima) provides:
 ~ An excellent source of fiber and folate.
 ~ A good source of plant protein.*
 ~ A good source of iron, potassium, and phosphorus.

Champion Sources of Plant Protein:*

- ~ Dry beans
- ~ Peanut butter
- ~ Peas
- ~ Sunflower seeds
- ~ Soybeans (edamame, tofu)

*Provide a good or excellent source of protein.

Source: www.nal.usda.gov/fnic/foodcomp/search



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 BBQ PORK SANDWICH BABY CARROTS BANANA CORN CRUNCHIES	2 CHICKEN TENDERS PARMESAN QUINOA GREEN SALAD FRESH PEAR	3 TURKEY & GRAVY MASHED POTATOES GREEN BEANS & ROLL MANDARIN ORANGE PUDDING
6 SICILIAN STYLE WEDGE PEPPERONI PIZZA* GREEN SALAD w/BEANS APPLE	7 CHICKEN SANDWICH LETTUCE & PICKLE SWEET POTATOES FRUIT BAR	8 BBQ CHICKEN NUGGETS BBQ RICE & BEANS GREEN SALAD TROPICAL FRUIT MIX CHOCOLATE CHIP COOKIE	9 TROPICAL BLAST FRENCH TOAST STICKS SCRAMBLED EGGS WITH BACON & CHEESE POTATOES & APPLESAUCE	10 PORK SOFT TACO* (WWW PITA GORDITA & PORK) LETTUCE-TOMATO-CHEESE MANDARIN ORANGE
13 CHICKEN TENDERS BAKED FRIES APPLE CORN BREAD	14 CORN DOG THREE BEAN SALAD KIWI FRUIT VALENTINE COOKIE	15 FISH SANDWICH LETTUCE & PICKLE FIESTA CORN FRUIT JERKY	16 SWEET & SOUR CHICKEN BROCCOLI & CARROTS BROWN RICE FRESH PEAR SUNFLOWER SEEDS	17 <u>PRESIDENT'S HOLIDAY</u>
20 <u>PRESIDENT'S HOLIDAY</u> 	21 BAJA BURRITO (CHICKEN, RICE & CHEESE) BABY CARROTS APPLE SLICES CEREAL BAR	22 CHICKEN SANDWICH LETTUCE & PICKLE CONFETTI FRIES FRUIT TWIST	23 BBQ PORK DIPPERS* BBQ BEANS CARROTS FRUIT COCKTAIL CORNMEAL SUPER STAR	24 MACARONI & CHEESE BROCCOLI BANANA WHOLE WHEAT ROLL
27 MINI CHEESEBURGERS LETTUCE & PICKLE FRESH VEGETABLE APPLE	28 CHEESE QUESADILLAS REFRIED BEANS JICAMA STICKS ROSY PEARS	29 PEPPERONI PIZZA BAGEL SALAD MANDARIN ORANGE RICE KRISPY BITE	*** Featured this month are Murcott Mandarins and Kiwi from Wild River Ranch (Marysville area). The Kiwi are certified organic and the Murcott Mandarins (a seedless easy to peel high sugar mandarin) are in transition to being certified organic. ENJOY! 	

All meals include a choice of 1% unflavored milk or non-fat chocolate milk. *May contain pork **Contains peanuts and/or tree nuts.

Healthy Serving Ideas

Add lima or kidney beans to salads. Mix lentils into your favorite casseroles instead of meat. Add navy beans to soups for protein. Sprinkle black beans on top of pizza for added flavor and fiber. Make a tasty dip or hummus using your favorite beans.

What's in Season?

Dry beans are in season all year long and can be found in many colors, sizes, and varieties. They can also be found canned and frozen. Try these other good or excellent sources of plant protein: nuts, peanut butter, peas, sunflower seeds, and soybeans (as edamame or tofu).

What is Protein?

- ~ Protein is found in the bones, muscles, hair, skin, and most tissues and organs in our bodies.
- ~ Proteins also form enzymes and hormones that help regulate bodily functions.
- ~ Some proteins form antibodies that keep us healthy by fighting disease and infection. Others build connective tissues that hold our muscles and joints in place.
- ~ Proteins are formed from amino acids, which are like "building blocks."
- ~ Our bodies use 20 different amino acids. Our bodies make 11 of these, and they are called "nonessential." Nine are "essential" amino acids, meaning the body cannot make them and the foods we eat must supply them.

For more information on *Harvest Of The Month* and other interesting *School & Nutrition Information* visit our website at: WWW.NEVADACOUNTYCNS.COM