

APRIL 2019 ~ LUNCH MENU

**** SECOND CHOICE FRESH OPTIONS ****

Harvest of the Month

Network for a Healthy California

BERRIES



Healthy Serving Ideas

- Add berries to your cereal for added fiber and flavor.
- Mash berries to make your own jam.
- Top pancakes w blueberries or blackberries.
- Stir your favorite berries into lowfat yogurt for a tasty snack.
- Toss raspberries into a spinach salad.
- Keep a bag of mixed berries in the freezer for smoothies.
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Produce Tips

- Wash berries just before serving.
- Shop for fresh berries in season to get the best value.

YOGURT LUNCHABLE ✓ (sunflower seeds or cheese stick, fresh veggie, fruit and graham crackers)	ITALIAN SUB SANDWICH* (on French roll, fresh veggies, fruit & chips)	TUNA SALAD (Tuna salad on a bed of lettuce, veggies, homemade ranch dressing, fruit & homemade cookie)	HOMEMADE PIZZA LUNCHABLE ✓ (fresh veggies & fruit)	PROTEIN LUNCH ✓ SUN BUTTER JELLY SANDWICH (on whole grain bread, cheese stick, fresh veggie and fruit)
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
APRIL 1 TACO POCKET NEW! CHILI LIME CORN SALAD BABY CARROTS CRAISINS	2 PEPPERONI PIZZA SLIDERS* VEGGIE SALAD & APPLE	3 HOT DOG (Miller's natural all beef) BBQ BEANS FRESH VEGGIE & PEARS HOMEMADE COOKIE	4 SPAGHETTI w/ MEATSAUCE GREEN SALAD ARTISAN DINNER ROLL BLUEBERRY JELL-O GOLDEN KIWI FRUIT	5 TERIYAKI CHICKEN VEGETABLE & RICE BOWL BANANA FORTUNE COOKIE
8 MINI CHEESEBURGERS LETTUCE & PICKLE FRESH VEGGIE STICKS PEACH CUP	9 DEEP DISH CHEESE PIZZA ✓ VEGGIE SALAD & APPLE	10 CHICKEN TENDERS PARMESAN QUINOA JICAMA STICKS & ROLL ORANGE SMILES HOMEMADE COOKIE	11 WILD MIKE'S ✓ CHEESY BREAD BITES MARINARA SAUCE VEGGIES & RANCH DIP BLUEBERRIES	12 CHICKEN SANDWICH LETTUCE & PICKLE BBQ BEANS CRAISINS

SPRING BREAK ~ APRIL 15 - 19 (School Districts have various schedules for Spring Break. Check with your Student's school for details.)

22 BEAN & CHEESE BURRITO ✓ FRESH VEGGIES CHIPOTLE RANCH DIP MIXED BERRY CUP	23 DEEP DISH PEPPERONI PIZZA* TOMATOES & CUCUMBER HOMEMADE RANCH DIP CRAISINS	24 CORN DOG TWO BEAN SALAD BABY CARROTS FRESH FRUIT HOMEMADE COOKIE	25 WAFFLE THURSDAY BELGIUM WAFFLE BERRY TOPPING CHICKEN BITES POTATO ROUNDS JICAMA STICKS	26 BBQ HONEY RIB DIPPERS* HOT APPLE COBBLER BRONCO SLAW ALOHA ROLL
29 BUILD YOUR OWN BURGER GRILLED MESQUITE PATTY BUN - LETTUCE - PICKLE BBQ BEANS FRUIT	30 DEEP DISH CHEESE PIZZA ✓ VEGGIE SALAD & APPLE	MAY 1 CHICKEN TENDERS SEASONED POTATOES CARROTS & ORANGE WHOLE WHEAT ROLL HOMEMADE COOKIE	2 New! LOADED TOTS MAC - N - CHEESE BACON BITS BABY CARROTS BANANA	3 BUILD YOUR OWN SUB TURKEY - HAM* - CHEESE LETTUCE & PICKLE DRIED FRUIT MIX FRITOS

Choice of 1% unflavored milk or non-fat chocolate milk *May contain pork ✓vegetarian Menu Subject to Change without notice

REASONS TO EAT BERRIES
 A ½ cup of sliced berries has lots of vitamin C. Eating a ½ cup of berries – like strawberries, blackberries, blueberries, and raspberries – is also a good way to get fiber and manganese. Berries are rich in phytochemicals, which help you stay healthy.

PHYTOCHEMICAL CHAMPIONS:
 * Berries, broccoli, carrots, cauliflower, collard greens, garlic, grapefruit, kiwifruit, limes, nuts, onions, pumpkin, sweet potatoes, and whole grains. *Phytochemical Champions are rich in phytochemicals.

HOW MUCH DO I NEED?
 A ½ cup of berries is about one cupped handful. The amount of fruits and vegetables that is right for you depends on your age, if you are a boy or a girl, and how active you are every day.
 Set a goal for how many fruits and vegetables you will eat each day. You can also set a goal to be active for at least 60 minutes.
 Look at your goals every day to remind yourself to be healthy.