

Harvest of the Month

Network for a Healthy California



GRAPEFRUIT

Circle all fruits on the menu.

- How many different kinds of fruits did you count?
- How many are citrus (e.g., oranges, mandarins, tangerines, grapefruit)?
- What is your favorite citrus fruit?



February 2019

				Breakfast Burrito 1 Meatballs W/Gravy Au Gratin Potatoes PowerPunchBroccoli Mixed Fruit Dinner Roll	
CC Bagel 4 F.B. Pizza Potato Wedges Carrot Sticks Peach Cup	Muffin 5 Chicken Taquitos Ranch Style Beans Jicama Sticks Cinn. Applesauce	String Cheese 6 Beef Ribbq Sandwich Potato Wedges PowerPunchBroccoli Cantaloupe Chunks	WowButterSandwich7 Chicken Tenders Carrot Sticks Sweet Corn Pear Cup Dinner Roll	BeneFit Bar 8 Turkey Sub Sand Potato Wedges SillyDillyGreenBeans Cinn. Applesauce	
11 HOLIDAY	Muffin 12 B&C Burrito Ranch Style Beans Cucumber Slices Cinn. Applesauce	CC Bagel 13 3 Cheese Calzone PowerPunchBroccoli Carrot Sticks Cantaloupe Chunks	WowButterSandwich14 Sloppy Joe Sandwich Carrot Sticks Celery Sticks Pear Cup	CC Bagel 15 Chicken Tenders Potato Wedges SillyDillyGreenBeans Cinn. Applesauce	
18 HOLIDAY	String Cheese 19 Jackz Tacos Ranch Style Beans Jicama Sticks Cinn. Applesauce	WowButterSandwich20 Orange Chicken Fried Rice Sweet Corn Carrot Sticks Craisins	BeneFit Bar 21 Lil Kahuna Hot Dogs Potato Wedges Carrot Sticks Pear Cup	Cinnamon Roll 22 Mac & Cheese PowerPunchBroccoli Celery Sticks Mixed Fruit Muffin	
Muffin 25 Mini Corndogs Potato Wedges Carrot Sticks Pear Cup	CC Bagel 26 Chicken Fajita Ranch Style Beans Cucumber Slices Cinn. Applesauce	BeneFit Bar 27 Chicken Sandwich SillyDillyGreenBeans Carrot Sticks Craisins	WowButterSandwich28 Hamburger Potato Wedges Carrot Sticks Pear Cup		

EUSD February 2019 PK-8 Menu. A choice of 1% white or FF chocolate milk is available daily.
 Menu is subject to change. "USDA is an equal opportunity provider and employer."