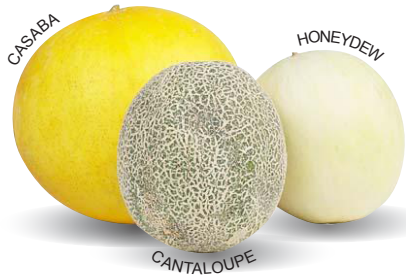


Harvest of the Month



Network for a Healthy California

Botanical name: Cucumis melo



MELONS

- Watermelon, cantaloupe and Honeydew Melon contain up to 90% water making them some of the most thirst quenching snacks around
- What is your favorite kind of melon?

SEPTEMBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 LABOR DAY No School!	3 Tacos	4 Fish Sticks or Fish Sandwiches	5 Chicken and Vegetable Chow Mein	6 Homemade Pizza, French Bread Pizza -OR- Better than Pizza Pasta
9 Vegetable Eggrolls and Rice	10 National Hot Dog Day	11 Nachos	12 Baked Chicken with Mashed Potatoes	13 Homemade Pizza, French Bread Pizza -OR- Better than Pizza Pasta
16 Bean and Cheese Quesadillas	17 Ham or Turkey Deli Sandwiches	18 National Cheeseburger Day	19 Spaghetti	20 Homemade Pizza, French Bread Pizza -OR- Better than Pizza Pasta
23 Broccoli and Cheese Rice Casserole	24 Beef and Bean Burritos	25 Grilled Chicken Sandwiches	26 Lasagna	27 Homemade Pizza, French Bread Pizza National Chocolate Milk Day
30 Mac N Cheese				
		Fresh Fruits and Vegetables are served with every meal along with choices of milk offerings For information about food allergies and other dietary restrictions please call (530) 283-6500 ext. 5235		
Weekly Breakfast Offerings				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast Pizza Bagel	Fruit Parfaits or Yogurt & Granola	Breakfast Burritos or Tacos	Fresh Baked Muffins or Eggs & Sausage	Breakfast Sandwiches
A variety of Cereals and Fresh Fruit offered every morning				

IT'S NATIONAL CHICKEN MONTH

Celebrate!



We proudly serve product from the following vendors when seasonally available

Bradley & Son Grass Fed Beef

Sage Ham & Eggs

Follow Your Heart Farm

Morning Glory Organics



EAT MELONS



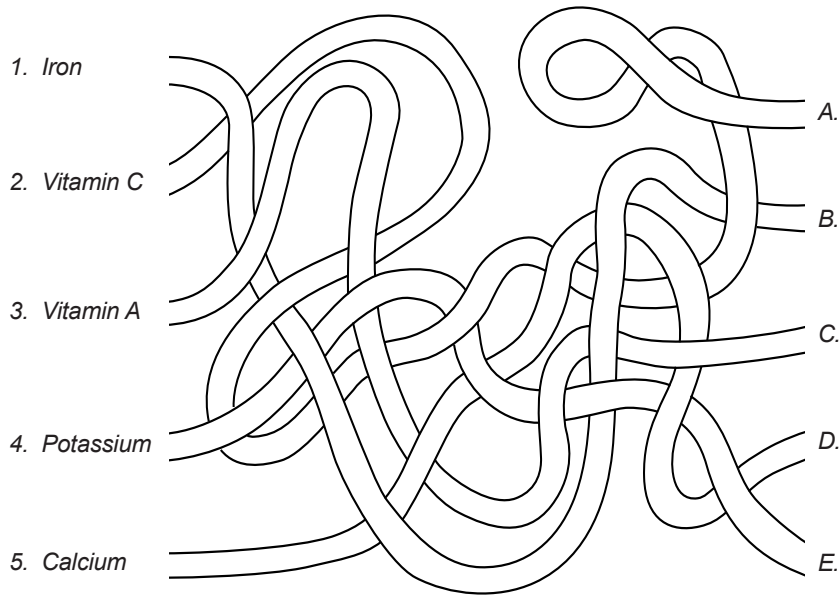
Nutrition Facts

Serving Size: ½ cup cantaloupe, cubed (80g)
 Calories 27 Calories from Fat 0

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 13mg	1%
Total Carbohydrate 7g	2%
Dietary Fiber 1g	3%
Sugars 6g	
Protein 1g	
Vitamin A 54%	Calcium 1%
Vitamin C 49%	Iron 1%

Eat Your Vitamins and Minerals

Draw a line from each vitamin or mineral (on the left) through the mazes to find out what they do (on the right). (answers below)



- A. _____ helps to form bones, fight infections, and heal wounds.
 B. _____ carries oxygen in the blood to all your body parts.
 C. _____ helps you to see better, especially at night.
 D. _____ builds strong bones and teeth and helps your muscles work.
 E. _____ helps your heart beat and muscles move.

Adapted from: University of Nevada Cooperative Extension, 2005.

Answers: A. Vitamin A, B. Iron, C. Vitamin C, D. Calcium, E. Potassium

Reasons to Eat Melons:

A ½ cup of melon has lots of vitamin C. Eating melons is also a good way to get carotenoids. Carotenoids are antioxidants that are good for your body and may help lower your risk for some diseases.

Carotenoid Champions*:

Apricots, cantaloupe, carrots, kale, peas, pink grapefruit, pumpkin, spinach, tomatoes, and watermelon.

*Carotenoid Champions are a good or excellent source of carotenoids (provide at least 10% Daily Value).

How Much Do I Need?

A ½ cup of melon 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. There are lots of ways to be active for at least 60 minutes every day. Write down your favorite activities and try to do one every day. Look at the chart below to find the amount of fruits and vegetables you need. Eat a variety of colorful fruits and vegetables throughout the day to help you reach your goal.

Recommended Daily Amount of Fruits and Vegetables**

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
Boys	2½ - 5 cups per day	4½ - 6½ cups per day
Girls	2½ - 5 cups per day	3½ - 5 cups per day

**If you are active, eat the higher number of cups per day. Visit www.mypyramid.gov/kids to learn more.



For CalFresh information, call 1-877-847-3663. Funded by USDA SNAP, an equal opportunity provider and employer. Visit www.cachampionsforchange.net for healthy tips. © California Department of Public Health 2011.

