

Harvest of the Month



Network for a Healthy California

Botanical name: *Beta vulgaris*



BEETS

Look for beets on the salad bar, in main dishes and even smoothies

- What other fruits and vegetables are purple?
- What's your favorite menu item this month?

DECEMBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Cheddar Broccoli Soup served with Breadsticks	4 Enchiladas <i>National Cookie Day</i>	5 Hamburgers served with oven fries	6 Chicken and Vegetable Chow Mein	7 Awesome Sauce Homemade Pizza with Whole Grain Crust
10 Black Bean and Quinoa Quesadillas	11 Chicken Noodle Soup <i>National "Have a Bagel Day"</i>	12 Hot Dogs with oven fries	13 Chef's Choice	14 Awesome Sauce Homemade Pizza with Whole Grain Crust
17 Hearty Vegetable Soup served with Breadsticks	18 Lasagna served with salad	19 Chicken Tenders <i>National Oatmeal Muffin Day</i>	20 Holiday Roast Meal with Mashed Potatoes, Fresh Vegetables & Dessert	21 Awesome Sauce Homemade Pizza with Whole Grain Crust

Enjoy Your Winter Break!
See you in 2019



Lowfat milk, fresh fruit and vegetables are available with every meal. For information about food allergies and other dietary restrictions please call (530) 283-6500 ext. 5235

Weekly Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast Pizza Bagel	Oatmeal with Raisins and Fruit	Breakfast Burritos or Tacos	Muffins or Pastries served with Breakfast Sausage	Breakfast Sandwiches

***Cereal and Fresh Fruit Parfaits or Smoothies offered as additional choice



We proudly serve products from the following local vendors when seasonally available:

Thompson Valley Ranch

Follow Your Heart Farm

Sage Ham & Eggs



EAT YOUR BEETS

Nutrition Facts

Serving Size: ½ cup cooked beets, sliced (85g)

Calories 37 Calories from Fat 1

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 65mg	3%
Total Carbohydrate 8g	3%
Dietary Fiber 2g	7%
Sugars 7g	
Protein 1g	
Vitamin A 1%	Calcium 1%
Vitamin C 5%	Iron 4%



Reasons to Eat Beets

A ½ cup of beets is a good way to get folate and manganese.

A ½ cup of cooked beet greens has lots of vitamin K, vitamin A, and vitamin C. It is a good way to get riboflavin. Riboflavin is also called vitamin B₂. It is important for building healthy red blood cells.

Riboflavin Champions*:

Almonds, cooked beet greens, eggs, fortified cereals, and lowfat milk.

*Riboflavin Champions provide a good or excellent source of riboflavin.

How Much Do I Need?

A ½ cup of beets is about the size of one medium beet. 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. Look at the chart below to find out how much you need. Eat a variety of colorful fruits and vegetables throughout the day – fresh, frozen, canned, dried, and 100% juice. It will help you reach your total daily needs. And, remember to be active for at least 60 minutes every day!

Recommended Daily Amounts 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.

You can eat fruits and vegetables in many different forms – fresh, frozen, canned, dried, and even 100% juice. They are all good for you!

On your next trip to the grocery store, look for these fruits and vegetables. Put a check mark next to each form you find. Circle your favorite fruits and vegetables and in which form you like it best.

	Fresh	Canned	Frozen	Dried	100% Juice
Apples					
Beets					
Broccoli					
Corn					
Oranges					
Peas					
Others:					

1. Were you able to find any fruits and vegetables in all five forms? _____
2. If you answered yes, list which items: _____

3. Which items did you find in at least three different forms? _____

4. Draw a star next to a new form of fruit or vegetable you would like to try. Look for it during your trip to the grocery store.