

# Harvest of the Month

Network for a Healthy California



## APPLES

- What are your favorite menu items this month?
- How many days were apples served?
- How many apples do you plan to eat this week?

# NOVEMBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Chicken Filet Sandwiches	2 <i>No School Professional Learning Day</i>
5 Vegetable Eggrolls & Fried Rice <i>National Chinese Take Out Day</i>	6 Bean and Cheese Burritos	7 Hot Dogs or Polish Dogs	8 Beef and Vegetable Soup	9 Awesome Sauce Homemade Pizza with Whole Grain Crust
12 <i>No School Veteran's Day</i>	13 Minestrone Soup served with Breadsticks	14 Hamburgers Served with Oven Fries <i>National Pickle Appreciation Day</i>	15 Turkey Roast, Mashed Potatoes, Fresh Vegetables & Dessert	16 Chef Choice Day
19   <b>HAPPY THANKSGIVING</b>				
26 Homemade Mac N' Cheese	27 Taco Tuesday	28 Chicken Tenders <i>National French Toast Day</i>	29 Spaghetti with Whole Grain Pasta	30 Awesome Sauce Homemade Pizza with Whole Grain Crust
		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	Baked French Toast and 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*



# APPLE ACTIVITIES

## Nutrition Facts

Serving Size: ½ cup apples, sliced (55g)  
Calories 28      Calories from Fat 0

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 8g	3%
Dietary Fiber 1g	5%
Sugars 6g	
Protein 0g	
Vitamin A 1%	Calcium 0%
Vitamin C 4%	Iron 0%

## Test Your Apple IQ

(answers are at the bottom of this page)

1. A ½ cup of sliced apples has \_\_\_\_\_ gram(s) of fiber.  
(Hint: Look at the Nutrition Facts label on the right.)  
A) zero B) one C) four D) eight
2. Most of the fiber in an apple is found in the \_\_\_\_\_.  
A) flesh B) skin C) core D) stem
3. Which apple variety is grown in California? \_\_\_\_\_.  
A) Fuji B) Gala C) Red Delicious D) all three

## Reasons to Eat Apples

Apples are a source of fiber. Fiber helps you feel full, helps move food through your body, and helps keep your blood sugar level normal. It is found only in plant foods like fruits, vegetables, grains, nuts, and seeds. Eating fruits, like apples, will help you get the nutrients you need to grow healthy and strong.

### Fiber Champions\*:

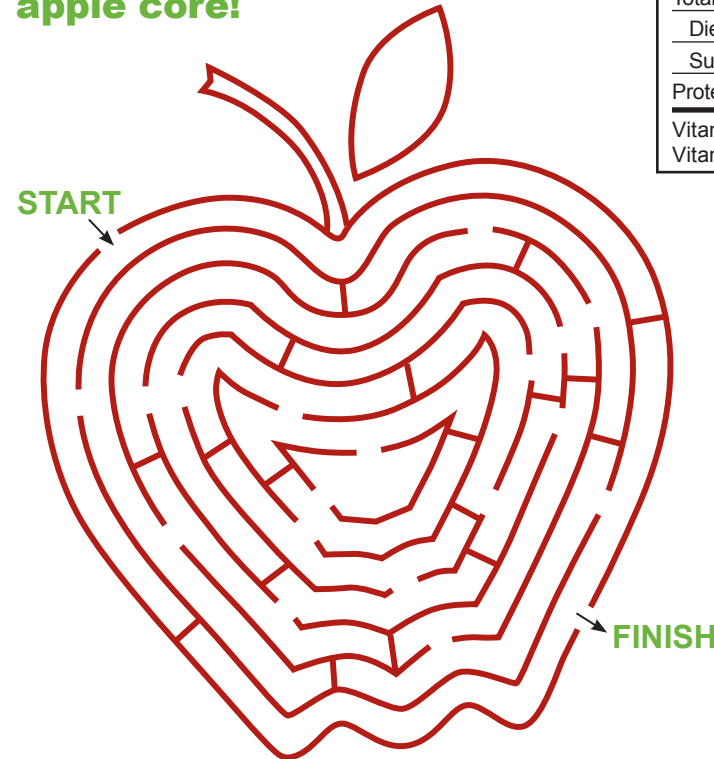
Beans, blackberries, dates, peas, pears, pumpkin, raspberries, whole wheat cereal, and whole wheat bread.

\*Fiber Champions are a good or excellent source of fiber.

## How Much Do I Need?

A ½ cup of sliced apples is about one cupped handful. This is about the size of half of a small apple. 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. All forms of fruits and vegetables count towards your daily amounts – fresh, frozen, canned, dried, and 100% juice. Make a plan to eat plenty of fruits and vegetables every day. And don't forget to be active for at least 60 minutes each day!

## Find your way through the apple core!



## Recommended Daily Amount of Fruits and Vegetables\*\*

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
<b>Boys</b>	2½ - 5 cups per day	4½ - 6½ cups per day
<b>Girls</b>	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](http://www.mypyramid.gov/kids) to learn more.



For food stamp information, call 877-847-3663. Funded by the USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer. Visit [www.cachampionsforchange.net](http://www.cachampionsforchange.net) for healthy tips.  
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