

DECEMBER 2017 ~ LUNCH MENU



MANDARINS

Botanical name:
Citrus reticulata



Healthy Serving Ideas

- Serve breakfast with a glass of 100% fruit juice.
- Provide healthy after-school snacks like fresh or canned mandarin slices (packed in 100% fruit juice).
- Dip tangerine segments into lowfat flavored yogurt.
- Add mandarins to green salads.
- Squeeze juice of citrus fruits over chicken and fish to make tender and juicy. Or, use juice to make reduced fat salad dressings.

MEATLESS MONDAY



TUESDAY

WEDNESDAY

CALIFORNIA THURSDAYS™

FRIDAY

Happy Holidays!



4	BEAN & CHEESE BURRITO VEGGIE SALAD FRUIT	5	BREAKFAST for LUNCH PANCAKES SAUSAGE LINKS* FRESH FRUIT JICAMA STICKS	6	PEPPERONI PIZZA WEDGE* TWO BEAN SALAD BABY CARROTS APPLE	7	TURKEY POT ROAST WITH VEGETABLES WHOLE WHEAT ROLL MANDARIN ORANGE BLUEBERRY BREAD	8	CHICKEN TENDERS PARMESAN QUINOA VEGGIE SALAD APRICOTS
11	MACARONI & CHEESE BROCCOLI STRAWBERRIES MINI CHIP COOKIES	12	CHICKEN SANDWICH LETTUCE & PICKLE BBQ BEANS 100% FRUIT JUICE	13	CHEESE PIZZA WEDGE FRESH VEGETABLES HOMEMADE RANCH DIP FRESH FRUIT	14	NEW ITEM CHICKEN TAMALES FESTIVE CORN CHIPS & SALSA BANANA	15	TURKEY & GRAVY MASHED POTATOES SALAD ROLL & MANDARIN PUMPKIN PUDDING
18	CHEESY CHEESE FILLED BREADSTICKS MARINARA DIPPING SAUCE BABY CARROTS APPLE SLICES	19	NEW ITEM WINTER WONDERLAND CHICKEN BITES BAKED FRIES PEACHES WINTER GRAHAMS	20	PEPPERONI PIZZA SLIDERS* VEGGIE SALAD MIXED FRUIT	21	*MILLERS ALL BEEF* HOTDOG BAKED BEANS* FRESH VEGGIES MANDARIN ORANGE	22	PIZZA PACK (mini crusts, cheese & sauce) FRESH VEGETABLE FRESH FRUIT HOLIDAY COOKIE

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

Reasons to Eat Mandarins

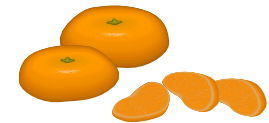


One medium mandarin provides:

An excellent source of Vitamin C, which is an antioxidant. Antioxidants help prevent chemical damage to cells and can promote vision health, keep the immune system healthy, support cardiovascular health and help prevent cancer.

> A good source of Vitamin A, supporting healthy vision

> A source of folic acid, a B-complex vitamin that can help prevent birth defects.



THIS MONTH SERVING LOCAL MANDARINS

Eat the Rainbow!

Fruits and vegetables come in a rainbow of colors. Eat a variety of colorful fruits and vegetables every day -- red, yellow/orange, white, green and blue/purple. Mandarins are in the yellow/orange color group.

> Yellow/orange fruits and vegetables help maintain a healthy heart, vision and immune system.

> Other yellow/orange citrus fruits are oranges, lemons and grapefruits.