

# OCTOBER 2017 ~ LUNCH MENU



## OCTOBER PEPPERS

Botanical name:  
*Capsicum annuum*












### Healthy Serving Ideas

- \* Slice raw sweet peppers and serve with lowfat dip for a snack.
- \* Top homemade pizza with sliced bell peppers—red, green and yellow.
- \* Use chili peppers for a spicy kick!
- \* Use chopped hot peppers to make spicy salsa.
- (Hint: For less spice, remove seeds and inner membranes.)
- \* Add chopped sweet peppers to salads or stir into soups and pasta sauces.



Try a new pepper variety each week!



	MEATLESS MONDAY	TUESDAY	WEDNESDAY	CALIFORNIA THURSDAYS	FRIDAY
2	<b>BEAN &amp; CHEESE BURRITO</b> FRESH VEGGIES APPLE SLICES GRAHAM CRACKERS	3 <b>WAFFLE TUESDAY</b> BELGIUM WAFFLE CHICKEN BITES POTATO ROUNDS CINNAMON APPLESAUCE	4 <b>PEPPERONI PIZZA WEDGE*</b> FRESH VEGETABLES HOMEMADE RANCH DIP PEACHES	5 <b>TERIYAKI CHICKEN, </b> <b>VEGETABLE &amp; RICE BOWL</b> ORANGE SLICES BROWNIE	6 <b>CHICKEN SANDWICH</b> LETTUCE & PICKLE BBQ BEANS APPLE SLICES
9	<b>CHEESY CHILI </b> <b>FRITO CORN CHIPS</b> CORN COB & CARROTS FRESH FRUIT	10 <b>CHICKEN DRUMSTICK</b> BAKED BEANS CRUNCH SALAD & ORANGE FRUIT TURNOVER FRUIT	11 <b>CHEESEBURGER SLIDERS</b> LETTUCE & PICKLE VEGGIE & GRAPES CHEEZ - IT CRACKERS	12 <b>MINI CORN DOGS</b> TASTY TATER TOTS  VEGGIE & DIP FRESH FRUIT	13 <b>CHICKEN TENDERS</b> CONFETTI FRIES ORANGE SMILES WHOLE WHEAT ROLL PINEAPPLE TROPICAL JELL-O
 <h2>FALL BREAK OCTOBER 16 - 20</h2> 					
23	<b>CHEESE QUESADILLA </b> REFRIED BEANS FRESH VEGETABLE APPLE SLICES	24 <b>BREAKFAST for LUNCH</b> EGGS w/CHEESE & BACON POTATOES & ORANGE SLICES FRENCH TOAST & FRUIT TOPPING FRUIT	25 <b>CHEESEBURGER SLIDERS</b> LETTUCE & PICKLE VEGETABLE & FRUIT CORN CHIPS	26 <b>SPAGHETTI w/ MEATSAUCE </b> TOSSED SALAD ARTISAN DINNER ROLL FRESH FRUIT	27 <b>CHICKEN TENDERS</b> CONFETTI FRIES CHERRY TOMATOES APRICOTS & ALOHA ROLL
30	<b>CHEESE STUFFED </b> <b>BREADSTICKS</b> FRESH VEGETABLES  HOMEMADE RANCH DIP FRESH FRUIT	31 <b>PRETZEL DOG</b> POTATO SALAD FRESH VEGGIE & FRUIT HOLIDAY COOKIE 	<h3>What Is California Thursdays®?</h3> <p>California Thursdays is a collaboration between the Center for Ecoliteracy and participating school districts to serve healthy, freshly prepared school meals featuring California-grown foods.</p>		
Choice of 1% unflavored milk or non-fat chocolate milk *May contain pork Vegetarian  Menu subject to change without notice					

### The Harvest of the Month featured vegetable are peppers

What's in Season? *California* grown peppers are in peak season in summer. They are usually available from May through November. California grown varieties may be fresher and cost less than varieties shipped from other states or countries. Try these other good sources of vitamin B6: Avocados, Bananas and Potatoes

### Health and Nutrition Go Hand-in-Hand

Eating a variety of colorful fruits and vegetables and getting daily physical activity can help your family stay healthy and may prevent serious health problems like obesity, type 2 diabetes, heart disease, and certain types of cancer.

### Produce Tips

Look for firm peppers that have thick, shiny, smooth skin and green stems. Choose sweet peppers with a solid color—green, yellow-orange, or red. Choose hot (or “chili”) peppers with a solid color—red, yellow, orange, green, purple or brown. Store whole peppers in a sealed plastic bag in the refrigerator for up to one week. Wrap cut peppers in plastic and store in refrigerator for up to three days. Helpful Hint: Use rubber gloves when handling hot peppers. Be careful to never touch or rub your eyes.

For more information on *Harvest Of The Month* and other interesting *School & Nutrition Information* visit our website at: [WWW.NEVADACOUNTYCNS.COM](http://WWW.NEVADACOUNTYCNS.COM)