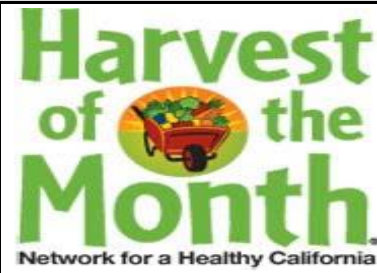


OCTOBER 2017 ~ LUNCH MENU



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!

** FRESH SECOND CHOICE OPTIONS **				
<p>YOGURT LUNCHABLE ✓ (sunflower seeds, fresh veggie, fruit & graham crackers)</p>	<p>TURKEY & CHEESE ON CIABATTA ROLL (fresh veggie & fruit)</p>	<p>SOUTHWEST BBQ CHICKEN SALAD (homemade dressing, whole grain & fruit)</p>	<p>HAM & CHEESE SANDWICH (on pretzel roll, fresh veggies, fruit & chips)</p>	<p>TURKEY BACON WRAP (fresh veggies, fruit & cookie)</p>
MEATLESS MONDAY		TUESDAY	WEDNESDAY	FRIDAY
<p>2 BEAN & CHEESE BURRITO ✓ FRESH VEGGIES APPLE SLICES GRAHAM CRACKERS</p>	<p>3 WAFFLE TUESDAY BELGIUM WAFFLE CHICKEN BITES POTATO ROUNDS CINNAMON APPLESAUCE</p>	<p>4 PEPPERONI PIZZA WEDGE* FRESH VEGETABLES HOMEMADE RANCH DIP PEACHES</p>		<p>6 CHICKEN SANDWICH LETTUCE & PICKLE BBQ BEANS APPLE SLICES</p>
<p>9 CHEESY CHILI ✓ FRITO CORN CHIPS CORN COB & CARROTS FRESH FRUIT</p>	<p>10 CHICKEN DRUMSTICK BAKED BEANS CRUNCH SALAD & ORANGE FRUIT TURNOVER</p>	<p>11 CHEESEBURGER SLIDERS LETTUCE & PICKLE VEGGIE & GRAPES CHEEZ - IT CRACKERS</p>	<p>12 MINI CORN DOGS TASTY TATER TOTS VEGGIE & DIP FRESH FRUIT</p>	<p>13 CHICKEN TENDERS CONFETTI FRIES ORANGE SMILES & ROLL PINEAPPLE TROPICAL JELL-O</p>
<div style="display: flex; justify-content: space-between; align-items: center;"> <h2 style="margin: 0;"><u>FALL BREAK OCTOBER 16 - 20</u></h2> </div>				
<p>23 CHEESE QUESADILLA ✓ REFRIED BEANS FRESH VEGETABLE APPLE SLICES</p>	<p>24 BREAKFAST for LUNCH EGGS w/CHEESE & BACON POTATOES & ORANGE SLICES FRENCH TOAST & FRUIT TOPPING</p>	<p>25 CHEESEBURGER SLIDERS LETTUCE & PICKLE VEGETABLE & FRUIT CORN CHIPS</p>	<p>26 SPAGHETTI w/ MEATSAUCE TOSSED SALAD ARTISAN DINNER ROLL FRESH FRUIT</p>	<p>27 CHICKEN TENDERS CONFETTI FRIES CHERRY TOMATOES APRICOTS & ALOHA ROLL</p>
<p>30 CHEESE STUFFED BREADSTICKS ✓ HOMEMADE RANCH DIF FRESH VEGGIES & FRUIT</p>	<p>31 PRETZEL DOG POTATO SALAD FRESH VEGGIE & FRUIT HOLIDAY COOKIE</p>	<p>What Is California Thursdays®? 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>		
<p>Choice of 1% unflavored milk or non-fat chocolate milk *May contain pork Vegetarian ✓ Menu subject to change without notice</p>				

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.