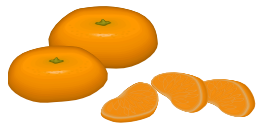


DECEMBER 2017 ~ LUNCH MENU

**** SECOND CHOICE OPTIONS ****



MANDARINS














Botanical name:
Citrus reticulata

FEATURING LOCAL MANDARINS



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.

| ** SECOND CHOICE OPTIONS ** | | | | |
|--|---|---|---|---|
| YOGURT LUNCHABLE  (sunflower seeds, fresh veggie, fruit and graham crackers) | HAM & CHEESE CIABATTA SANDWICH (on ciabatta roll, fresh veggies and fruit) | PULLED PORK SALAD (seasoned pork, beans, cheese, lettuce, homemade ranch - salsa dressing, homemade corn muffin and fruit) | TURKEY & CHEESE PRETZEL SANDWICH (on pretzel roll, fresh veggies, fruit and crackers) | PROTEIN LUNCH SUN BUTTER JELLY SANDWICH (on Alvarado St. bread, hard boiled egg, fresh veggie and fruit) |
| TUESDAY | | WEDNESDAY | | FRIDAY |
|    | | | | |
| 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 Me  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.

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.

