

JANUARY 2019 ~ LUNCH MENU



JANUARY DRY BEANS



Reasons to Eat Dry Beans

- A ½ cup of most dry bean varieties (garbanzo, kidney, lima) provides:
- ~ An excellent source of fiber and folate.
 - ~ A good source of plant protein.*
 - ~ A good source of iron, potassium, and phosphorus.

Champion Sources of Plant Protein:*

- ~ Dry beans
- ~ Peanut butter
- ~ Peas
- ~ Sunflower seeds
- ~ Soybeans (edamame, tofu)



*Provide a good or excellent source of protein.

Source: www.nal.usda.gov/fnic/foodcomp/search



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
JAN- 7	GRILLED CHEESE ✓ FRESH VEGETABLES HOMEMADE RANCH DIP BLUEBERRIES	8 WILD MIKE'S CHEESE PIZZA WEDGE ✓ VEGGIE SALAD APPLE 	9 CHICKEN TENDERS PARMESAN QUINOA FRESH VEGGIES ROSY PEARS	10 BAKED CHEESY PASTA ✓ GREEN SALAD ARTISAN ROLL KIWI FRUIT LIME JELL-O	11 CHICKEN TOSTADA REFRIED BEANS & CHEESE TORTILLA CHIPS SALSA with CILANTRO MANDARIN
14	CHEESY BREAD BITES ✓ MARINARA SAUCE FRESH VEGETABLES STRAWBERRY CUP	15 WILD MIKE'S PEPPERONI PIZZA WEDGE* VEGGIE SALAD APPLE	16 CORN DOG WHITE BEAN SALAD BABY CARROTS KIWI FRUIT GOLDFISH CRACKERS	17 TERIYAKI CHICKEN VEGETABLE & RICE BOWL APRICOTS BEAR GRAHAMS	18 BREAKFAST for LUNCH EGGS w/CHEESE & BACON POTATOES & JICAMA ORANGE SLICES FRENCH TOAST & CHERRY TOPPING
21	 CHEESE PIZZA WEDGE ✓ VEGGIE SALAD APPLE	22 WILD MIKE'S CHEESE PIZZA WEDGE ✓ VEGGIE SALAD APPLE	23 CHICKEN TENDERS WHIPPED SWEET POTATOES FRESH VEGGIES WHOLE WHEAT DINNER ROLL PEACHES	24 TURKEY & GRAVY MASHED POTATOES GREEN SALAD ROLL & MANDARIN COOKIES & CREAM PUDDING	25 CHICKEN EGG ROLL (with veggies & brown rice) PINEAPPLE FORTUNE COOKIE
28	BEAN & CHEESE BURRITO TACO SAUCE FRESH VEGETABLES HOMEMADE RANCH DIP MIXED BERRY CUP	29 WILD MIKE'S PEPPERONI PIZZA WEDGE* VEGGIE SALAD APPLE	30 HOT DOG (Miller's natural all beef) BBQ BEANS FRESH VEGGIES FRUIT	31 BBQ HONEY RIB DIPPERS* HOT APPLE COBBLER GREEN SALAD ALOHA ROLL	FEB-1 BREAKFAST for LUNCH EGGS w/CHEESE & BACON POTATOES & JICAMA ORANGE SLICES FRENCH TOAST & STRAWBERRY TOPPING

CILANTRO - - Harvest of the Month School Tasting January 7th



CILANTRO is a popular herb due to its fresh and bright taste. Cilantro is loaded with beneficial phytochemicals, vitamins, minerals, and antioxidants.



Also featured this month are Murcott Mandarins and Kiwi from Wild River Ranch (Marysville area).

The Kiwi and Murcott Mandarins (a seedless easy to peel high sugar mandarin) are local and certified organic.



~ December's Mandarins were from Highland Orchards (Penryn area)

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

Healthy Serving Ideas

Add lima or kidney beans to salads. Mix lentils into your favorite casseroles instead of meat. Add navy beans to soups for protein. Sprinkle black beans on top of pizza for added flavor and fiber. Make a tasty dip or hummus using your favorite beans.

What's in Season?

Dry beans are in season all year long and can be found in many colors, sizes, and varieties. They can also be found canned and frozen.

Try these other good or excellent sources of plant protein: nuts, peanut butter, peas, sunflower seeds, and soybeans (as edamame or tofu).

What is Protein?

~ Protein is found in the bones, muscles, hair, skin, and most tissues and organs in our bodies.

~ Proteins also form enzymes and hormones that help regulate bodily functions.

~ Some proteins form antibodies that keep us healthy by fighting disease and infection. Others build connective tissues that hold our muscles and joints in place.

~ Proteins are formed from amino acids, which are like "building blocks."

~ Our bodies use 20 different amino acids. Our bodies make 11 of these, and they are called "nonessential." Nine are "essential" amino acids, meaning the body cannot make them and the foods we eat must supply them.

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