

JANUARY 2019 ~ LUNCH MENU

**** SECOND CHOICE OPTIONS ****



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
YOGURT LUNCHABLE ✓ (sunflower seeds, fresh veggie, fruit and graham crackers)	TURKEY & CHEDDAR CHEESE CIABATTA SANDWICH (on ciabatta roll, fresh veggies, fruit & crackers)	BBQ CHICKEN SALAD (bbq chicken, veggies on a bed of lettuce, homemade ranch dressing, fruit & fritos)	ITALIAN SUB SANDWICH* (on French roll, fresh veggies, fruit & fresh baked cookie)	PROTEIN LUNCH ✓ SUN BUTTER JELLY SANDWICH (on whole grain bread, cheese stick, fresh veggie and fruit)
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 	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).

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