

# Harvest of the Month

Network for a Healthy California



## ORANGE GLAZED VEGETABLES

**Ingredients:**  
 (Makes 4 servings at 1/2 cup each)  
 2 cups frozen vegetable mix  
 1/2 teaspoon grated orange peel  
 1/4 cup orange juice (squeeze from the orange grated for peel)  
 1 tablespoon Dijon-style mustard  
 1 teaspoon low-sodium soy sauce

1. Cook vegetables in microwave according to package directions.
2. While vegetables are cooking, combine orange peel, orange juice, mustard and soy sauce in a small bowl. Stir until mixed.
3. Drain vegetables and toss with orange juice mixture. Serve immediately.

# DECEMBER 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
* Menu subject to change, due to availability *	*Free breakfast & lunch for all students*		1 Cheeseburger Hot Dog	2 Pizza Pocket Chicken Patty on a Bun
5 Chicken Noodle Soup Grilled Cheese Sandwich	6 Spaghetti French Bread Pizza	7 Chicken Alfredo Cheesy Bread Sticks	8 Turkey & Cheese Sandwich RibBQue	9 Mac & Cheese Chicken Tenders
12 Cheeseburger Corndog	13 Turkey & Gravy Corndog	14 Papa John's Pizza	15 Chicken Fajitas Bean & Cheese Burrito	16 <b>Cook's Choice</b>
19	20	21	22	23
26	<b>CHRISTMAS BREAK</b>			30

Lunch includes a choice of :

- ◆ Entrees
- ◆ Milk (1%white or nonfat chocolate)
- ◆ 100% Juice
- ◆ Seasonal Fruit & Vegetables from

Following available for Breakfast:

Daily special  
100% juice or fruit

Lunch offered includes 5 components:

1. Grain/Bread
2. Meat/Meat Alternate
3. Fruit
4. Vegetable
5. Milk

You must take 3 of the 5 items . One of these

### Breakfast Specials

Cereal & Oatmeal Bar	Pancake Sausage on a Stick	PB & J Sandwich	Cereal & Nutri Grain Bar	Bagel
Cereal	French Toast Sticks	Cereal & Muffin	Pizza Stick	Cook's Choice

### Helping Your Kids Eat Healthy

- Slice oranges for a quick, healthy snack.
- Freeze 100 percent orange juice in a paper cup with a popsicle stick or spoon. Serve it for dessert.
- Instead of a soft drink, give your child an orange for a sweet and juicy treat.
- Toss oranges in a salad.
- Discuss with your child how eating oranges helps fight colds and sickness.

### Produce Tips

- Look for fruit that is firm and heavy for its size with bright, colorful skins.
- Avoid fruit with bruised, wrinkled or discolored skins. Oranges with scarring or green spots on the surface are fine to eat.
- Fruits with thinner skins tend to be juicier than those with thicker skins.
- Oranges can be stored at room temperature or in the refrigerator without plastic bags for up to two weeks.