

Harvest of the Month

Network for a Healthy California

JANUARY 2023



**CITRUS GALORE:
MANDARINS
January**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 No School	3 Corndog Chicken Nuggets	4 Spaghetti French Bread Pizza	5 Tuna Sandwich Turkey & Cheese Sandwich	6 Tacos Chalupa
9 Chicken Tortilla Soup Grilled Cheese Sandwich	10 Tamal Cheese Enchilada	11 Chili Beans BBQ Pork Sandwich	12 Popcorn Chicken Hot Dog	13 Cook's Choice
16 No School	17 Macaroni & Cheese Cheesy Bread Sticks	18 Papa John's Pizza	19 Cheeseburger Chicken Nuggets	20 Chalupa Nachos
23 Chicken Tenders Fish Bites	24 Orange Chicken Teriyaki Nuggets	25 Chicken Patty on Bun Corndog	26 BBQ Chicken Hot Dog	27 Cook's Choice
30 Pizza Pocket Cheeseburger	31 Chicken Fajitas Bean & Cheese Burritos		*Menu subject to change, due to availability*	*All students eat free*

Lunch includes a choice of :

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

Following available for Breakfast::

Daily special

100% juice or fruit

Low-fat or nonfat milk

Breakfast Specials

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 **needs** to be 1/2 cup of fruit or vegetables.

Apple Bites	Cereal	Beef Sausage Sandwich	PB & J	Cereal & Cheese Stick
Bagel	French Toast Sticks	Waffles	Cereal & Oatmeal Bar	Cook's Choice
Pancake Sausage on a Stick	UBR	PB & J	Yogurt & Granola	Cook's Choice

This institution is an equal opportunity provider.

Mandarins are a type of citrus fruit that look like oranges but are usually smaller and more pumpkin shaped.

Mandarins that have a deep orange-red color are called *tangerines*. Other types of mandarins include satsumas, clementines and tangelos.

- Start the day with 100 percent fruit juice.
- Provide healthy after-school snacks like a piece of citrus fruit or canned mandarin slices (packed in 100 percent fruit juice).
- Dip tangerine segments into lowfat flavored yogurt.

- Add tangerines to green salads for flavor and color.
- Squeeze juice of citrus fruits over chicken and fish to make tender and juicy. Or use juice to make reduced fat salad dressings.