

# Harvest of the Month

Network for a Healthy California



**COOKED GREENS**

**SAVORY GREENS**

Makes 6 servings. 1 cup each.  
Cook time: 30 minutes

**Ingredients:**

- 3 cups water
- ¼ pound skinless turkey breast
- ¼ cup chopped onion
- 2 cloves garlic, crushed
- ¼ teaspoon cayenne pepper
- ¼ teaspoon ground cloves
- ½ teaspoon dried thyme
- 1 green onion, chopped
- 1 teaspoon ground ginger
- 2 pounds greens (mixture of collards, kale, turnip greens, mustard greens)

1. Place all ingredients except greens into large pot and bring to a boil.
2. Prepare greens by washing thoroughly and removing stems.
3. Slice greens into bite-sized pieces.
4. Add greens to stock. Cook 20 to 30 minutes until tender. Serve hot.

# NOVEMBER 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 RibBQue CornDog	2 Cheeseburgers BBQ Pork Sandwich	3 HotDog Fish Bites	4 Grilled Cheese Sandwich Chicken Noodle Soup
7 French Bread Pizza Chicken Tenders	8 Chicken Patty on a Bun BBQ Chicken Sluggers	9 Popcorn Chicken Bean & Cheese Burrito	10 Spaghetti Cheesy Breadsticks	11 <b>Veteran's Day</b> No School
14 Mac & Cheese Pizza Pocket	15 Tuna Sandwich Chicken Nuggets	16 Papa John's Pizza	17 Turkey & Gravy CornDog	18 <b>Cook's Choice</b>
<b>Thanksgiving Break</b>				
21	22	23	24	25
28 Chalupa Tamal	29 Chili Beans Grilled Cheese Sandwich	30 Cheese Enchiladas Bean & Cheese Burritos		

Lunch includes a choice of :

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

Following available for Breakfast:

- Daily special
- 100% juice / fruit
- Low-fat / nonfat milk

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.

## Breakfast

Cereal & Granola Bar	French Toast Sticks	Cereal	Peanut Butter & Jelly Sandwich	Cook's Choice
Cereal & Oatmeal Bar	Yogurt & Granola	Bean & Cheese Burrito	UBR Cookie	Cereal & Muffin
Apple Bites	Bagel & Cream Cheese	Pancake Sausage on a Stick	Cereal & Muffin	Cook's Choice

## Produce Tips

- Choose leafy greens with fresh, full leaves.
- Avoid greens that have brown, yellow, spotted, wilted, or slimy leaves.
- Store greens in a plastic bag in the refrigerator for two to five days.
- Wash greens thoroughly before use.
- Cut stems from leafy greens immediately before cooking.

## What's in Season?

California grown leafy green vegetables are available year-round. They may be fresher and cost less than varieties shipped from other states or countries. Try these California grown varieties: bok choy, collard greens, kale, kohlrabi, mustard greens, spinach, Swiss chard, and turnip greens.