

Harvest of the Month

Network for a Healthy California

Botanical name: *Brassica oleracea*









BROCCOLI

Circle all meals on the menu that include broccoli.

- How many meals did you find?
- How many different ways can you think of to eat broccoli?
- How much broccoli do you plan to eat this week?

February 2018 Bravo and Community Day Schools

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| | | | <i>Cinni Mini, juice</i> 1 <i>fruit cup</i> | <i>Honey bun, fruit juice</i> 2 <i>raisins</i> |
| | | | Mini hot dogs Cowboy beans Rosy red bell peppers Fresh orange wedges <i>National Freedom Day</i> | Chicken drumstick Mashed potatoes Corn on the cob Dinner roll Fresh Calif grapes |
| <i>PBJ bar, fruit juice</i> 5 <i>dried fruit</i> | <i>Benefit bar, fruit juice</i> 6 <i>sliced apples</i> | <i>Cinnamon roll, juice</i> 7 <i>baby carrots</i> | <i>Breakfast burrito, juice</i> 8 <i>fruit cup</i> | <i>Honey bun, fruit juice</i> 9 <i>California raisins</i> |
| Teriyaki beef dunkers Steamed rice Broccoli trees Red bells Pineapple tidbits | Taco Tuesday Crunchy beef taco Cabbage and cheese Corn off the cob Zesty salsa / Fresh pears | Chicken burger Lettuce/tomato/pickle Seasoned fries Sliced onion Magnificent mixed fruit | Oven roasted chicken Mashed potatoes Vegetable medley Dinner roll Fresh orange wedges | Deli sandwich Baby carrots Sliced cucumbers California grapes Celebration cupcake |
| Lincoln's Birthday 12  Holiday No School | <i>Yogurt, graham, juice</i> 13 <i>sliced apples</i> | <i>Cheese breadstick</i> 14 <i>juice, baby carrots</i> | <i>Grilled cheese</i> 15 <i>Sandwich, juice, fruit cup</i> | <i>Muffin top, fruit juice</i> 16 <i>raisels</i> |
| President's Day 19  Holiday No School | Heart shaped nuggets Great green beans  Red bell peppers Cinnamon heart crackers Cinnamon applesauce | Cheese pizza Garden salad Cucumber rounds Magnificent mixed fruit <i>Ash Wednesday</i> | Mandarin orange chicken Steamed savory rice Big broccoli trees/carrots Perfect pears Fortune cookie <i>Chinese New Year tomorrow</i> | Tuna sandwich on wheat Crunchy carrots Crispy celery sticks Fresh orange wedges |
| <i>PBJ sandwich</i> 20 <i>fruit juice, dried fruit</i> | <i>Breakfast for lunch</i> Dutch waffle Tater tots Sausage link Orange juice | <i>Mini pancakes, juice</i> 21 <i>baby carrots</i> | <i>Chorizo bagel</i> 22 <i>juice, fruit cup</i> | <i>Chef's choice</i> 23 <i>Fruit juice, Calif raisins</i> |
| <i>Breakfast round, juice</i> 26 <i>dried fruit</i> | Chili beans Savory cheese swirl Fresh garden salad Red bell peppers Diced pears  | Spaghetti Garlic bread Fresh garden salad Sliced cucumbers Magnificent mixed fruit | Teriyaki burger Lettuce/tomato/pickles Seasoned fries Sliced onion Pineapple tidbits | Pizza crunchers Dipping sauce Gorgeous green beans Powerful pears |
| <i>Yogurt, graham, juice</i> 27 <i>sliced apples</i> | Turkey gravy Mashed potatoes Green beans Dinner roll Diced peaches  | <i>PBJ bar, fruit juice</i> 28 <i>baby carrots</i> | Bean burrito Corn off the cob Sliced cucumbers Magnificent mixed fruit | We are a non-pricing school district – breakfast and lunch are provided to each student at no cost!!  |

Abraham Lincoln's Birthday – February 12th

Winter Olympics (Feb. 9th – 25th) – The first Winter Olympics took place in 1924 in Chamonix, France.

National Children's Dental Health Month – If you floss once per day, you will use approximately five miles of floss over your lifetime!