

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 FJ White / Castle Rock / WVMS

			<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 <i>Late Start</i>	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>
	Heart shaped nuggets Great green beans  Red bell peppers Cinnamon heart crackers Cinnamon applesauce	Cheese pizza Garden salad Cucumber rounds Magnificent mixed fruit <i>Late Start / 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
President's Day 19  Holiday No School	<i>PBJ sandwich</i> 20 <i>fruit juice, dried fruit</i>	<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>
	Breakfast for lunch Dutch waffle Tater tots Sausage link Orange juice	Spaghetti Garlic bread Fresh garden salad Sliced cucumbers Magnificent mixed fruit <i>Late Start</i>	Teriyaki burger Lettuce/tomato/pickles Seasoned fries Sliced onion Pineapple tidbits	Pizza crunchers Dipping sauce Gorgeous green beans Powerful pears
<i>Breakfast round, juice</i> 26 <i>dried fruit</i>	<i>Yogurt, graham, juice</i> 27 <i>sliced apples</i>	<i>PBJ bar, fruit juice</i> 28 <i>baby carrots</i>		
Chili beans Savory cheese swirl Fresh garden salad Red bell peppers Diced pears 	Turkey gravy Mashed potatoes Green beans Dinner roll Diced peaches 	Bean burrito Corn off the cob Sliced cucumbers Magnificent mixed fruit <i>Late Start</i>	Cold milk offered with all meals Menu subject to change, advance notice given when possible This institution is an equal opportunity provider	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!