

Harvest of the Month

Network for a Healthy California



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 Kress Preschool

				Maple stick, mixed fruit 1 Chef's Choice Cowboy beans Fresh orange wedges National Freedom Day		Chocolate muffin top, fruit 2 Chicken drumstick Corn off the cob California grapes	
Yogurt, graham, applesauce 5 Teriyaki beef dunkers Steamed rice Broccoli trees Pineapple tidbits	Waffle, fruit 6 Taco Tuesday Crunchy beef taco Cabbage and cheese Corn off the cob Fresh pears	Goldfish crackers, cheese, fruit 7 Chicken burger Pickle Seasoned fries Magnificent mixed fruit	Maple stick, mixed fruit 8 Oven roasted chicken Mashed potatoes Dinner roll Fresh orange wedges	Cereal, fruit 9 Deli sandwich Baby carrots California grapes			
Lincoln's Birthday 12  Holiday No School	UBR Round, fruit 13  Heart shaped nuggets Great green beans Cinnamon applesauce Cinnamon heart cracker	Goldfish crackers, cheese, fruit 14 Cheese pizza Fresh garden salad Magnificent mixed fruit Ash Wednesday	Grilled cheese, mixed fruit 15 Mandarin Orange chicken Steamed savory rice Big broccoli trees Perfect pears Fortune cookie Chinese New Year tomorrow	Chocolate muffin top, fruit 16 Tuna sandwich on wheat Crunchy carrots Fresh orange wedges			
President's Day 19  Holiday No School	UBR Round, fruit 20 Breakfast for lunch Pancake Tater tots Sausage link Orange juice	Goldfish crackers, cheese, fruit 21 Spaghetti Fresh garden salad Magnificent mixed fruit	Maple stick, mixed fruit 22 Teriyaki burger Pickles Seasoned fries Pineapple tidbits	Cereal, fruit 23 Pizza crunchers Dipping sauce Gorgeous green beans Powerful pears			
Yogurt, graham, applesauce 26 Chili beans Savory cheese swirl Fresh garden salad Diced pears 	UBR Round, fruit 27 Turkey gravy Mashed potatoes Green beans Dinner roll Diced peaches 	Goldfish crackers, cheese, fruit 28 Bean burrito Corn off the cob Magnificent mixed fruit	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!