

# Harvest of the Month



Network for a Healthy California



## GREEN BEANS

Circle all meals that contain green beans.

- How many did you find?
- What are the different ways green beans will be served? Fresh? Cooked? Canned?
- How many other green fruits and vegetables are on the menu?
- What is your favorite green vegetable?

## August 2022 K-5<sup>th</sup> Grade

We are a non-pricing school district-breakfast and lunch are provided to each student at no cost!  
\*\*  
Cold milk offered with all meals  
\*\*  
Menu subject to change



8 Teacher Work Day First Day of School is Tomorrow Get a good night's rest!	9 <i>Cereal, apples, juice</i> <b>PB &amp; J sandwich</b> Mixed fruit Frozen fruit cup Carrots Celery String cheese	10 <i>Benefit bar, apple, juice</i> <b>Chicken Nuggets</b> Tater tots Broccoli Pears Sliced apples	11 <i>Muffin top, apple, juice</i> <b>Mini hot dogs</b> Sun chips Pinto beans Celery Strawberry cup Apple	12 <i>Cereal, apple, juice</i> <b>Cheese pizza</b> Green salad Carrots Peaches Sliced apples
15 <i>Cereal, apple, juice</i> <b>Chicken nuggets</b> Spiral fries Carrots Pears Apple	16 <i>Cinnamon roll, nectarine, raisins</i> <b>Chili beans</b> Corn bread poppers Broccoli Frozen peach cup Orange wedges	17 <i>Benefit bar, plum, juice</i> <b>Beef hot dog</b> Sun chips Corn Carrots Mixed fruit Sliced apples	18 <i>Snack n' waffle, carrots, go gurt, raisins</i> <b>Chicken sandwich</b> Ranch beans Broccoli Pears Orange wedges	19 <i>Muffin, apple, juice</i> <b>Pull apart cheese bread</b> Green salad Celery Peaches Apple
22 <i>Cereal, apple, juice</i> <b>PB &amp; J sandwich</b> String cheese Carrots Celery Mixed fruit Apple	23 <i>Pan Dulce, nectarine, raisins</i> <b>Cheeseburger</b> Tater tots Carrots Orange wedges Frozen peach cup	24 <i>Benefit bar, plum, juice</i> <b>Deli sandwich</b> Sun chips Pinto beans Broccoli Pears Sliced apples	25 <i>UBR bar, carrots, raisins</i> <b>Chicken nuggets</b> Corn Broccoli Peaches Orange wedges	26 <i>Banana bread, apple, juice</i> <b>Cheese pizza</b> Green salad Celery Pears Apple
29 <i>Cereal, apple, juice</i> <b>Bean &amp; cheese burrito</b> Corn Carrots Peaches Apple	30 <i>Snack n' waffle, go gurt, nectarine, raisins</i> <b>Spaghetti</b> Green beans Carrots Orange wedges Frozen strawberry cup	31 <i>Muffin top, plums, juice</i> <b>Chicken tenders</b> Sun chips Vegetable medley Broccoli Pears Sliced apples	Sept 1	Sept 2

# EAT GREEN BEANS



## Nutrition Facts

Serving Size: ½ cup fresh green beans (50g)  
 Calories 16      Calories from Fat 0

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 3mg	0%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	6%
Sugars 2g	
Protein 1g	
Vitamin A 7%	Calcium 2%
Vitamin C 10%	Iron 3%

## Power Scramble

Rearrange the letters in each word to form the name of a fruit or vegetable. Write each word on the line below the scrambled word. (answers below).

- |                 |                |
|-----------------|----------------|
| 1. etews otptoa | 4. ransisi     |
| _____           | _____          |
| 2. tinancere    | 5. cipotar     |
| _____           | _____          |
| 3. beabacg      | 6. enрге abnes |
| _____           | _____          |

Answers: 1. sweet potato, 2. nectarine, 3. cabbage, 4. raisins, 5. apricot, 6. green beans

## Green Bean Brain Buster

(answers below)

- According to the Nutrition Facts label on the right, a ½ cup of green beans contains \_\_\_\_\_ Daily Value of vitamin C.  
 A) 10%    B) 7%    C) 3%    D) 2%
- We know that green beans are green, but they can also be \_\_\_\_\_.  
 A) purple    B) yellow    C) streaked    D) all three
- Green beans are good for your heart and digestive system because they contain \_\_\_\_\_.  
 A) calcium    B) iron    C) fiber    D) water

Answers: 1. A; 2. D; 3. C

## Reasons to Eat Green Beans:

Eating a ½ cup of green beans is a good way to get vitamin C and vitamin K. Green beans also have fiber, which helps you feel full and keeps your blood sugar levels normal. You can find green beans as fresh, frozen, and canned. All forms are good for you and taste great in meals and snacks.

## Fiber Champions\*:

Avocado, beans, blackberries, cooked greens, figs, kiwis, peas, and soybeans. \*Fiber Champions are a good or excellent source of fiber (provide at least 10% Daily Value).

## How Much Do I Need?

A ½ cup of green beans is about one cupped handful. This is about 10 medium green beans. The amount of fruits and vegetables that is right for you depends on your age, if you are a boy or a girl, and how active you are every day. Look at the chart below to find the amount that is right for you. Create a plan that will help you eat this amount every day. Write it down and share it with a family member. You need to get at least 60 minutes of physical activity every day.

## Recommended Daily Amount of Fruits and Vegetables\*\*

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
<b>Boys</b>	2½ - 5 cups per day	4½ - 6½ cups per day
<b>Girls</b>	2½ - 5 cups per day	3½ - 5 cups per day

\*\*If you are active, eat the higher number of cups per day. Visit [www.mypyramid.gov/kids](http://www.mypyramid.gov/kids) to learn more.



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