

# 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 6<sup>th</sup>-8<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



<p>Teacher Work Day</p> <p>First Day of School is Tomorrow</p> <p>Get a good night's rest!</p>	<p>8</p> <p><i>Cereal, UBR bar, apples, 9 juice</i></p> <p><b>PB &amp; J sandwich</b></p> <p>Grilled cheese</p> <p>Mixed fruit</p> <p>Frozen fruit cup</p> <p>Carrots</p> <p>Celery</p>	<p>10</p> <p><i>Benefit bar, cinnamon roll, apple, juice</i></p> <p><b>Chicken Nuggets</b></p> <p>Mini hot dog</p> <p>Tater tots</p> <p>Broccoli</p> <p>Pears</p>	<p>11</p> <p><i>Muffin top, grilled cheese, apple, juice</i></p> <p><b>Corn dog</b></p> <p>Chicken drumstick</p> <p>Sun chips</p> <p>Pinto beans</p> <p>Celery</p> <p>Strawberry cup</p>	<p>12</p> <p><i>Cereal, pan dulce, apple, juice</i></p> <p><b>Cheese pizza</b></p> <p>Cheeseburger slider</p> <p>Green salad</p> <p>Carrots</p> <p>Peaches</p> <p>Sliced apples</p>
<p>15</p> <p><i>Cereal, muffin, apple, juice</i></p> <p><b>Chicken nuggets</b></p> <p>Chimichanga</p> <p>Spiral fries</p> <p>Carrots</p> <p>Pears</p>	<p>16</p> <p><i>Cinnamon roll, banana bread, nectarine, raisins</i></p> <p><b>Chili beans</b></p> <p>Pizza</p> <p>Corn bread poppers</p> <p>Broccoli</p> <p>Frozen peach cup</p> <p>Orange wedges</p>	<p>17</p> <p><i>Benefit bar, yogurt parfait, plum, juice</i></p> <p><b>Beef hot dog</b></p> <p>Bean &amp; cheese burrito</p> <p>Sun chips</p> <p>Corn</p> <p>Carrots</p> <p>Mixed fruit</p>	<p>18</p> <p><i>Snack n' waffle, carrots, grilled cheese, go gurt</i></p> <p><b>Chicken sandwich</b></p> <p>Cheeseburger sliders</p> <p>Ranch beans</p> <p>Broccoli</p> <p>Pears</p> <p>Orange wedges</p>	<p>19</p> <p><i>Muffin, UBR round, apple, juice</i></p> <p><b>Pull apart cheese bread</b></p> <p>Cheeseburger</p> <p>Green salad</p> <p>Celery</p> <p>Peaches</p> <p>Grapes</p>
<p>22</p> <p><i>Cereal, cinnamon roll, apple, juice</i></p> <p><b>PB &amp; J sandwich</b></p> <p>Italian combo</p> <p>String cheese</p> <p>Carrots</p> <p>Celery</p> <p>Mixed fruit</p> <p>Apple</p>	<p>23</p> <p><i>Pan Dulce, pancakes, nectarine, raisins</i></p> <p><b>Cheeseburger</b></p> <p>Grilled cheese sandwich</p> <p>Tater tots</p> <p>Carrots</p> <p>Honeydew melon</p> <p>Grapes</p>	<p>24</p> <p><i>Benefit bar, breakfast croissant, plum, juice</i></p> <p><b>Deli sandwich</b></p> <p>Spicy chicken wrap</p> <p>Sun chips</p> <p>Pinto beans</p> <p>Broccoli</p> <p>Pears</p> <p>Sliced apples</p>	<p>25</p> <p><i>UBR bar, grilled cheese, carrots, raisins</i></p> <p><b>Chicken nuggets</b></p> <p>Cheeseburger</p> <p>Corn</p> <p>Broccoli</p> <p>Peaches</p> <p>Orange wedges</p>	<p>26</p> <p><i>Banana bread, muffin, apple, juice</i></p> <p><b>Cheese pizza</b></p> <p>Chicken sandwich</p> <p>Green salad</p> <p>Celery</p> <p>Pears</p> <p>Grapes</p>
<p>29</p> <p><i>Cereal, muffin, apple, juice</i></p> <p><b>Bean &amp; cheese burrito</b></p> <p>PB &amp; J sandwich</p> <p>Corn</p> <p>Carrots</p> <p>Peaches</p> <p>Grapes</p>	<p>30</p> <p><i>Snack n' waffle, french toast sticks go gurt, nectarine, raisins</i></p> <p><b>Spaghetti</b></p> <p>Chicken drumstick</p> <p>Green beans</p> <p>Carrots</p> <p>Cantaloupe</p> <p>Frozen strawberry cup</p>	<p>31</p> <p><i>Muffin top, benefit bar, plums, juice</i></p> <p><b>Chicken tenders</b></p> <p>Italian combo</p> <p>Sun chips</p> <p>Vegetable medley</p> <p>Broccoli</p> <p>Pears</p> <p>Sliced apples</p>	<p>Sept 1</p>	<p>Sept 2</p>

# 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<br>_____ | 4. ransisi<br>_____     |
| 2. tinancere<br>_____    | 5. cipotar<br>_____     |
| 3. beabacg<br>_____      | 6. enрге abnes<br>_____ |

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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