



Credible Fruits
Take 1/2 to 1 cup

- Apples
 - Large Apple=1 cup
 - Small Apple=1/2 cup
- Applesauce
- Apricots
- Bananas
- Blueberries
- Cantaloupe
- Cherries
- Clementines
- Cranberries
- Mixed Fruit
- Grapefruit
- Grapes
- Honeydew Melon
- Juices - 100% fruit
- Kiwi
- Mango
- Nectarines
- Oranges
- Peaches
- Pears
- Pineapple
- Plums
- Raisins
- Strawberries
- Tangerines
- Watermelon

Why Fruit?

Low in Fat, Calories, Sodium
Rich in essential nutrients - Potassium, Dietary Fiber, Folate, Vitamin C

Balanced Meal Selections

Please select **3 to 5** full components. (One must be minimum 1/2 cup fruit or vegetable.)
Components: Meat/Meat Alt. - 2 oz.; Grain/Bread - 2 units; Fruit - 1/2 to 1 cup; Vegetable - 1/2 to 1 cup; Milk 1/2 pt.

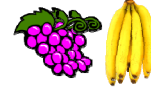
Half of your **plate** should

be **COLORFUL**

FRUITS & VEGETABLES



March 2019
Crusader Café



Monday	Tuesday	Wednesday	Thursday	Friday
				Crunchy Fish Strips Mac & Cheese Broccoli Fruit Cup <i>Southwest Chicken</i>
4	5	ASH WEDNESDAY 6	7	8
Crispy Chicken Salad Wheat Roll Carrots Fruit Cup <i>Grilled Italian</i>	Street Tacos Mexicali Corn Salad Refried Black Beans Spanish Rice Fruit Cup <i>Turkey Bacon Melt</i>	Shrimp Poppers Mashed Potatoes Wheat Roll Fruit Cup <i>Fish Sandwich/Bean Burrito</i>	Teriyaki Beef Fried Rice Thai Cabbage Salad Egg Roll Fruit Cup <i>Meatball Sub</i>	Cheese Pizza Tossed Salad Carrots Fruit Cup <i>Black Bean Burger</i>
11	12	13	14	15
18	19	20	21	22
Chicken Tenders Mashed Potatoes Corn Wheat Roll Fruit Cup <i>Southwest Chicken</i>	Cheese Filled Breadsticks Marinara Sauce Caesar Salad Bean Salad Fruit Cup <i>Grilled Italian</i>	Turkey on Focaccia Spicy Spuds Cucumber Salad Fruit Cup <i>BBQ Rib/Beef Burrito</i>	Chicken Alfredo Broccoli Fruit Cup <i>Chicken Fried Steak</i>	Frito Chili Pie (meatless) Red Pepper & Carrots Chunky Tomato Salsa Fruit Cup <i>Fish Sandwich</i>
25	26	27	28	29
Italian Baked Chicken Roasted Green Beans Garlic Mashed Potatoes Wheat Roll Fruit Cup <i>Chicken Fried Steak</i>	Taco Salad Bowl Baby Carrots Cilantro Rice Refried Beans Fruit Cup <i>Meatball Sub</i>	Oriental Sesame Chicken Salad Wheat Roll Pork Eggroll Fruit Cup <i>Turkey Bacon Melt</i>	Wing Fling Corn Bread Muffin Potato Cakes Corn on the Cob Fruit Cup <i>Philly Cheesesteak</i>	Cheese Pizza Tossed Salad Carrots Fruit Cup <i>Bean & Cheese Burrito</i>

Daily Vegetable Choices: 1. Sides-Entrée Line 2. Daily Potato Choice 3. Veggie Bag 4. Small Salad Bowl

Other Daily Entrée Choices:	Hot Sandwiches Hot Sandwich of the Day Hamburger/Chsburger <i>Pick Fruit, Veg & Milk</i>	Cold Sandwiches Cold Meat Deli, PB&J Specialty Sandwich <i>Pick Fruit, Veg & Milk</i>	Salad Bar: <i>Pick 2 M/MA: Meat, Cottage Cheese, Shredded Cheese</i> <i>Pick Grain/Bread - 2 units=2 slices</i> <i>Pick Asst. Veggies-Dk. Green, Red/Orange, Bean, Starch, Other-Min 1 c</i> <i>Pick Fruit Cup or Whole Fruit-1/2 c to 1 cup</i> <i>Pick Milk Choice</i>
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Breakfast Served Daily
6:45 to 7:50 A.M
See Menu on Website

Vegetable Groups:

Dark Green

- Broccoli
- Lettuce
- Spinach

Red-Orange

- Carrots
- Orange/Red Bell Pepper
- Pumpkin
- Salsa
- Sweet Potatoes
- Tomatoes

Beans

- Baked
- Black
- Garbanzo
- Kidney
- Pinto
- Refried

Starchy

- Corn
- Peas
- Potatoes

Other

- Green Beans
- Cabbage
- Cauliflower
- Celery
- Cucumbers
- Iceberg Lettuce
- Mushrooms
- Olives
- Onions
- Green Peppers
- Pickles
- Radishes
- Sauerkraut
- Squash
- Mixed Vegetables