



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.

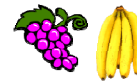
Half of your **plate** should

be **COLORFUL**

FRUITS & VEGETABLES



APRIL



Monday		Tuesday		Wednesday		Thursday		Friday	
1	Nachos Supreme	2	Sweet & Sour Chicken	3	Shrimp Poppers	4	Spaghetti & Meatballs	5	Cheese Quesadilla
	Black Beans Salsa Fruit Cup <i>BBQ Rib</i>		Rice Broccoli Eggroll Fruit Cup <i>Grilled Italian</i>		Mashed Potatoes Wheat Roll Fruit Cup <i>Chicken Ranch</i>		California Vegetable Medley Breadstick Fruit Cup <i>Turkey Bacon Melt</i>		Fiesta Corn Salad Black Bean Dip/Chips Salsa Fruit Cup <i>Baja Fish Sub</i>
8		9		10		11		12	
	Chicken Tenders		Chicken Parmesan		Zesty Cuban Sandwich		Chicken Pita		Crunchy Fish Strips
	Mashed Potatoes Corn Wheat Roll Fruit Cup <i>Chicken Fried Steak</i>		Pasta & Sauce Roasted Vegetables Breadstick Fruit Cup <i>Buffalo Chicken</i>		Coleslaw Baked Beans Potato Wedges Fruit Cup <i>Grilled Italian</i>		Roasted Potatoes Hummous Veggie Sticks Fruit Cup <i>BBQ Rib</i>		Mac & Cheese Broccoli Fruit Cup <i>Bean & Cheese Burrito</i>
15		16		17		18		19	
	Crispy Chicken Salad		Street Tacos		Shrimp Poppers		Teriyaki Beef Fried Rice		Good Friday
	Wheat Roll Carrots Fruit Cup <i>Grilled Italian</i>		Mexicali Corn Salad Refried Black Beans Spanish Rice Fruit Cup <i>Turkey Bacon Melt</i>		Mashed Potatoes Wheat Roll Fruit Cup <i>Chicken Ranch</i>		Thai Cabbage Salad Egg Roll Fruit Cup <i>Meatball Sub</i>		No School
22		23		24		25		26	
	Easter Monday		Cheese Filled Breadsticks		Turkey on Focaccia		Chicken Alfredo		Frito Chili Pie
	No School		Marinara Sauce Caesar Salad Bean Salad Fruit Cup <i>Grilled Italian</i>		Spicy Spuds Cucumber Salad Fruit Cup <i>BBQ Rib/Beef Burrito</i>		Broccoli Fruit Cup <i>Chicken Fried Steak</i>		Red Pepper & Carrots Chunky Tomato Salsa Fruit Cup <i>Buffalo Chicken</i>
29		30							
	Italian Baked Chicken		Taco Salad Bowl						
	Roasted Green Beans Garlic Mashed Potatoes Wheat Roll Fruit Cup <i>Chicken Fried Steak</i>		Baby Carrots Cilantro Rice Refried Beans Fruit Cup <i>Meatball Sub</i>						

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

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