



**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**



**Crusader Café**  
**September 2019**



	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>Labor Day No School</b>	<b>Sweet &amp; Sour Chicken</b> Broccoli Eggroll Fruit Cup  <i>Grilled Italian</i>	<b>Popcorn Shrimp</b> Mashed Potatoes Wheat Roll Fruit Cup  <i>Chicken Ranch</i>	<b>Spaghetti &amp; Meatballs</b> California Vegetable Medley Breadstick Fruit Cup  <i>Turkey Bacon Melt</i>	<b>Chicken Quesadilla</b> Fiesta Corn Salad Black Bean Dip Salsa Fruit Cup  <i>Meatball Sub</i>	
	<b>9</b>	<b>1</b>	<b>11</b>	<b>12</b>	<b>13</b>
	<b>Chicken Tenders</b> Mashed Potatoes Corn Wheat Roll Fruit Cup  <i>Chicken Fried Steak</i>	<b>Chicken Parmesan</b> Pasta & Sauce Roasted Vegetables Breadstick Fruit Cup  <i>Buffalo Chicken</i>	<b>Zesty Cuban Sandwich</b> Coleslaw Baked Beans Potato Wedges Fruit Cup  <i>Grilled Italian</i>	<b>Chicken Pita</b> Roasted Potatoes Hummous Veggie Sticks Fruit Cup  <i>BBQ Rib</i>	<b>Crunchy Fish Strips</b> Macaroni & Cheese Broccoli Fruit Cup  <i>Southwest Chicken</i>
	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
	<b>Crispy Chicken Salad</b> Wheat Roll Carrots Fruit Cup  <i>Grilled Italian</i>	<b>Street Tacos</b> Mexicali Corn Refried Black Beans Spanish Rice Fruit Cup  <i>Turkey Bacon Melt</i>	<b>Popcorn Shrimp</b> Mashed Potatoes Wheat Roll Fruit Cup  <i>Chicken Ranch</i>	<b>Teriyaki Beef Fried Rice</b> Thai Cabbage Salad Eggroll Fruit Cup  <i>Meatball Sub</i>	<b>Stuffed Crust Pizza</b> Tossed Garden Salad Fruit Cup  <i>Chicken Fried Steak</i>
	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
	<b>Chicken Tenders</b> Mashed Potatoes Corn Wheat Roll Fruit Cup  <i>Southwest Chicken</i>	<b>Cheese Filled Breadsticks</b> Marinara Sauce Caesar Salad Red Bean Salad Fruit Cup  <i>Grilled Italian</i>	<b>Chicken Alfredo</b> *fettuccini, chicken, sauce Broccoli Fruit Cup  <i>Chicken Fried Steak</i>	<b>Turkey on Focaccia</b> Spicy Spuds Cucumber Salad Fruit Cup  <i>BBQ Rib/Beef Burrito</i>	<b>Carnita Burrito Bowl</b> * pulled pork, rice, lettuce black beans, corn salsa Carrots Fruit Cup  <i>Buffalo Chicken</i>
	<b>30</b>				
	<b>Italian Baked Chicken</b> Roasted Green Beans Garlic Mashed Potatoes Wheat Roll Fruit Cup  <i>Chicken Fried Steak</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>	<b>Hot Sandwiches</b> Hot Sandwich of the Day Hamburger/Chsburger Pick Fruit, Veg & Milk	<b>Cold Sandwiches</b> Cold Meat Deli, PB&J Specialty Sandwich Pick Fruit, Veg & Milk	<b>Salad Bar:</b> 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