

Harvest of the Month



Network for a Healthy California

Botanical name: *Solanum lycopersicum*



TOMATOES

Circle all tomatoes and tomato products on the menu.

- How many did you find?
- How many do you plan to eat this month?
- What is your favorite tomato or tomato product?

August 2019

Alta Vista Elementary Breakfast Menu

		14	15	16
		French Toast Sticks	Mini Pancakes	Breakfast Burrito
19	20	21	22	23
Egg and Sausage Breakfast Sliders (2 ct)	Breakfast Burrito	French Toast Sticks	Egg, Cheese, Bacon Breakfast Toast	Sausage and Cheese Breakfast Sandwich
26	27	28	29	30
Breakfast Pizza	Fruit and Yogurt Parfait	French Toast Sticks	Mini Pancakes	Breakfast Burrito

Classic Breakfast Options:				
Available Every Monday	Available Every Tuesday	Available Every Wednesday	Available Every Thursday	Available Every Friday
Cereal and String Cheese Meal	Cereal and String Cheese Meal	Cereal and String Cheese Meal	Cereal and String Cheese Meal	Cereal and String Cheese Meal
Honey Bun Breakfast Bar	Bagel and Cream Cheese	Honey Bun Breakfast Bar	Bagel and Cream Cheese	Honey Bun Breakfast Bar

Seasonal fruits and vegetables featured daily on our Choice Bar and included with every meal!

Wonderful White (1% unflavored) and Charming Chocolate (fat-free flavored) Milk Offered With Every Meal!

Menu Subject to Change Without Notice

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Alta Vista Elementary Lunch Menu

Seasonal fruits and vegetables featured daily on our Choice Bar and included with every meal!

		14	15	16
		Teriyaki Beef Dunkers over Fried Rice	Domino's Pizza Slice	Macaroni and Cheese with a Roll
		Stir Fry Veggies	Oven Roasted Carrot Coins	Oven Roasted Corn
19	20	21	22	23
Breakfast for Lunch - Mini Pancake Meal (Mini Pancakes, Sausage, Hashbrown)	Los Cabos Ultra Bean and Cheese Burrito	Mandarin Chicken over Brown Rice	Pizza Slice	Kid's Classic - Chicken Strips
Hashbrown	Zesty Black Beans	Oven Roasted Broccoli	Green Peas	Sweet Potato Fries
26	27	28	29	30
Kid's Classic - Jumbo Corn Dog	Walking Taco	Teriyaki Chicken over Rice	Domino's Pizza Slice	Grilled Cheese Sandwich
Tator Tots	Refried Beans	Oven Roasted Carrot Coins	Quesadilla Dipper Stick	Seasoned French Fries

Grab-and-Go Lunch Option:

Deli Sandwich Bistro Box

Wonderful White (1% unflavored) and Charming Chocolate (fat-free flavored) Milk Offered With Every Meal!

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EAT YOUR TOMATOES

More Tomato Fun

Find your way through the edible maze. Then color the fruits and vegetables, label them, and draw stars next to the ones you like to eat.

Edible Maze



Reasons to Eat Tomatoes

Eating a ½ cup of sliced tomatoes is a good way to get vitamin C and vitamin A. Tomatoes are also a great source of lycopene. Lycopene can help keep your heart and immune system healthy. Your body cannot make lycopene so you need to get it from most red fruits and vegetables.

Lycopene Champions*:

Pink grapefruit, salsa, spaghetti sauce, tomatoes, and watermelon.
*Lycopene Champions are a good or excellent source of lycopene.

How Much Do I Need?

A ½ cup of sliced tomatoes is about one small tomato. This is about the same as one cupped handful. 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 out how much you need to eat every day. Set a goal for how you plan to eat the amount that is right for you. Keep a journal to track how many fruits and vegetables you eat and how much physical activity you get every day. Remember: you should aim for 60 minutes of activity every day!

Recommended Daily Amount of Fruits and Vegetables**

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
Boys	2½ - 5 cups per day	4½ - 6½ cups per day
Girls	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 to learn more.

Nutrition Facts

Serving Size: ½ cup tomatoes, sliced (90g)	
Calories 16	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 4mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 1g	
Vitamin A 15%	Calcium 1%
Vitamin C 19%	Iron 1%



For food stamp information, call 877-847-3663. Funded by the USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer. Visit www.cachampionsforchange.net for healthy tips. © California Department of Public Health 2010.

