

Harvest of the Month

Network for a Healthy California



Seasonal fruits and vegetables featured daily and included with every meal!

September 2021 School Menu

		1	2	3
		Chef's Choice!	Chef's Choice!	Chef's Choice!
6	7	8	9	10
		Fruit and Yogurt Parfait	Breakfast Pizza	French Toast Trio
13	14	15	16	17
Pancake Bowl	Breakfast Sliders	Fruit and Yogurt Smoothie	Fresh Baked Cinnamon Rolls with Homemade Glaze	Sausage and Pancake of a Stick
20	21	22	23	24
Breakfast Burrito	Mini Pancake	Fruit and Yogurt Parfait	Breakfast Pizza	French Toast Trio
27	28	29	30	
Pancake Bowl	Breakfast Sliders	Fruit and Yogurt Smoothie	Fresh Baked Cinnamon Rolls with Homemade Glaze	

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

Menu Subject to Change Without Notice

Curbside meals available for pickup Tuesday and Thursday at:

Skyridge Elementary School

800 Perkins Way

Auburn, CA 95603

Rock Creek Elementary School

3050 Bell Road

Auburn, CA 95603

E.V. Cain Middle School

150 Palm Ave.

Auburn, CA 95603

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Botanical name: *Malus domestica*



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		Chef's Choice!	Chef's Choice!	Chef's Choice!
6	7	8	9	10
		Italian Nada Pocket	Los Cabos Ultra Bean and Cheese Burrito	Domino's Pepperoni or Cheese Pizza Slice
13	14	15	16	17
Cheeseburger	Cheese Nachos	Grilled Cheese Sandwich	Chicken Nuggets and Garlic Bread	Pepperoni Stuffed Breadstick
20	21	22	23	24
Chicken Patty Sandwich	Cheese Quesadilla	Cheesey Tot-chos	Cheesebuger	Domino's Pepperoni or Cheese Pizza Slice
27	28	29	30	
Chicken Patty Sandwich	Los Cabos Ultra Bean and Cheese Burrito	Cheese Quesadilla	Corn Dog	

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APPLE ACTIVITIES

Test Your Apple IQ

(answers are at the bottom of this page)

1. A ½ cup of sliced apples has _____ gram(s) of fiber.
(Hint: Look at the Nutrition Facts label on the right.)
A) zero B) one C) four D) eight
2. Most of the fiber in an apple is found in the _____.
A) flesh B) skin C) core D) stem
3. Which apple variety is grown in California? _____.
A) Fuji B) Gala C) Red Delicious D) all three

Reasons to Eat Apples

Apples are a source of fiber. Fiber helps you feel full, helps move food through your body, and helps keeps your blood sugar level normal. It is found only in plant foods like fruits, vegetables, grains, nuts, and seeds. Eating fruits, like apples, will help you get the nutrients you need to grow healthy and strong.

Fiber Champions*:

Beans, blackberries, dates, peas, pears, pumpkin, raspberries, whole wheat cereal, and whole wheat bread.

*Fiber Champions are a good or excellent source of fiber.

How Much Do I Need?

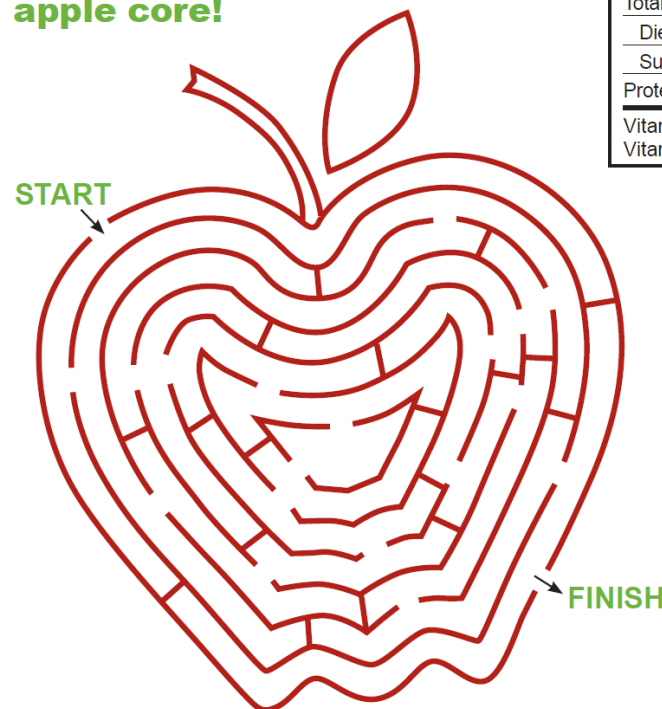
A ½ cup of sliced apples is about one cupped handful. This is about the size of half of a small apple. The amount of fruits and vegetables that is right for you depends on your age, if you are a boy or a girl, and how active you are every day. All forms of fruits and vegetables count towards your daily amounts – fresh, frozen, canned, dried, and 100% juice. Make a plan to eat plenty of fruits and vegetables every day. And don't forget to be active for at least 60 minutes each day!

Nutrition Facts

Serving Size: ½ cup apples, sliced (55g)
Calories 28 Calories from Fat 0

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 8g	3%
Dietary Fiber 1g	5%
Sugars 6g	
Protein 0g	
Vitamin A 1%	Calcium 0%
Vitamin C 4%	Iron 0%

Find your way through the apple core!



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.



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.
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