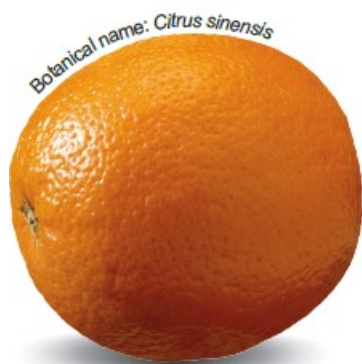


Harvest of the Month

Network for a Healthy California



ORANGES

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

February 2021 Breakfast Menu

1	2	3	4	5
Cinnamon Crumble Breakfast Kit	Cereal and Cheese Stick	Curbside Service	Mini Pancakes	Mini Pancakes
8	9	10	11	12
Cinnamon Crumble Breakfast Kit	Cinnamon Crumble Breakfast Kit	Curbside Service	Cereal and Cheese Stick	Cereal and Cheese Stick
22	23	24	25	26
Bagel and Cream Cheese	Bagel and Cream Cheese	Curbside Service	Cinnamon Crumble Breakfast Kit	Cinnamon Crumble Breakfast Kit

Curbside meals available for pickup 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

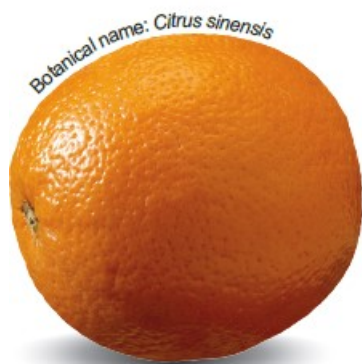
Wonderful White (1% unflavored) and

Charming Chocolate (fat-free flavored) Milk Offered With Every Meal!

Menu Subject to Change Without Notice

Harvest of the Month

Network for a Healthy California



ORANGES

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

February 2021 Lunch Menu

1	2	3	4	5
Rib-B-Que Sandwich	Rib-B-Que Sandwich	Curbside Service	Mandarin Orange Chicken with Brown Rice	Mandarin Orange Chicken with Brown Rice
8	9	10	11	12
Lasagna and Garlic Bread	Lasagna and Garlic Bread	Curbside Service	Grilled Cheese Sandwich	Grilled Cheese Sandwich
22	23	24	25	26
Breakfast for Lunch	Breakfast for Lunch	Curbside Service	Italian Nada Pizza Pocket OR Chimi Nada Taco Pocket	Italian Nada Pizza Pocket OR Chimi Nada Taco Pocket

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

Menu Subject to Change Without Notice

Curbside meals available for pickup at:

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ORANGE YOU SMART

A fill-in-the-blank game using ORANGE:

- O** _____
(an underwater creature with eight legs)
- R** _____
(the smallest state in the United States)
- A** _____
(a favorite fruit given to a teacher)
- N** _____
(a popular orange variety named for its belly button)
- G** _____
(another color that oranges can be)
- E** _____ !
(how many times per week you need to be active)

Reasons to Eat Oranges

A ½ cup of orange sections has lots of vitamin C. Eating oranges will also give you fiber and folate. Folate is a B vitamin that helps your body make healthy red blood cells. Folate works with vitamin C and vitamin B₁₂ to help your body create protein.



Nutrition Facts

Serving Size: ½ cup orange, sections (90g)	
Calories 42	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 11g	4%
Dietary Fiber 2g	9%
Sugars 8g	
Protein 1g	
Vitamin A 4%	Calcium 4%
Vitamin C 80%	Iron 1%

Folate Champions*:

Asparagus, avocados, blackeye peas, broccoli, fortified breakfast cereals and breads, oranges, pinto beans, and spinach.

*Folate Champions are a good or excellent source of folate (at least 10% Daily Value).

How Much Do I Need?

A ½ cup of orange sections is about one small orange. This is about the size of 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. It is important to eat a variety of colorful fruits and vegetables throughout the day to help you meet your daily needs. Fruits and vegetables come in many forms – fresh, frozen, canned, dried, and 100% juice. All forms count toward your daily amount! Getting at least 60 minutes of activity every day will also help keep you healthy and strong.

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.

Answers: Octopus, Rhode Island, Apple, Navel, Green, Every Day



For CalFresh information, call 1-877-847-3663. Funded by USDA SNAP, an equal opportunity provider and employer. Visit www.cachampionsforchange.net for healthy tips. © California Department of Public Health 2010.

