

Harvest of the Month

Network for a Healthy California



Botanical name: *Pisum sativum*



PEAS

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

March 2021 Breakfast Menu

1	2	3	4	5
Bagel and Cream Cheese	Pancake Bowl	Cereal and String Cheese Meal	Mini Pancake	Cinnamon Breakfast Crumble Kit
8	9	10	11	12
Bagel and Cream Cheese	Pancake Bowl	Cereal and String Cheese Meal	Mini Pancake	Cinnamon Breakfast Crumble Kit
15	16	17	18	19
Bagel and Cream Cheese	Pancake Bowl	Cereal and String Cheese Meal	Mini Pancake	Cinnamon Breakfast Crumble Kit
22	23	24	25	26
Bagel and Cream Cheese	Pancake Bowl	Cereal and String Cheese Meal	Mini Pancake	Cinnamon Breakfast Crumble Kit
29	30	31		

Curbside meals available for pickup Tuesday and Thursday at:

Skyridge Elementary School	Rock Creek Elementary School	E.V. Cain Middle School
800 Perkins Way	3050 Bell Road	150 Palm Ave.
Auburn, CA 95603	Auburn, CA 95603	Auburn, CA 95603

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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March 2021 Lunch Menu

1	2	3	4	5
Cold Pack Grab and Go Meal	Sunflower Seed Power Pack	Soft Pretzel Meal	Deli Sandwich Bistro Box	Anytimer's Pizza Kit
Cold Celery Dipping Sticks	Jicama Dipping Sticks	Vegetarian Baked Beans	Baby Carrots	Cold Broccoli Bites
8	9	10	11	12
Cold Pack Grab and Go Meal	Sunflower Seed Power Pack	Soft Pretzel Meal	Deli Sandwich Bistro Box	Anytimer's Pizza Kit
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
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PASS THE PEAS, PLEASE

Plant Parts: What are Green Vegetables?

Plants have many different parts. These include the roots, stems, leaves, flowers, fruits, and seeds. Peas are seeds. They are usually found in pods that grow from vines or stems. Complete the following activity to learn more about green vegetables and from what part of the plant they come. (*possible answers below*)

- 1 Write on the lines below as many green vegetables as you can.
- 2 Underline the green vegetables that are seeds
- 3 Draw a  around the ones that are leaves.
- 4 Draw a  around the ones that are stems.
- 5 Draw two lines under the vegetables that are flowers. (Hint: broccoli)
- 6 Place a star ☆ next to your favorite green vegetables.

Possible answers: 2) seeds – peas, green beans; 3) leaves – lettuce, spinach, cabbage, bok choy, collard greens; 4) stems – celery, asparagus; 5) flowers – broccoli, Brussels sprouts

Reasons to Eat Peas:

Eating a ½ cup of peas – cooked or fresh – will give you lots of different vitamins and minerals that your body needs to grow healthy and strong. Peas have lots of vitamin K and are a good way to get thiamin, fiber, vitamin A, and vitamin C. Thiamin is an important vitamin that helps keep your body's nerves healthy.



Nutrition Facts

Serving Size: ½ cup green peas, cooked (80g)	
Calories 67	Calories from Fat 2
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 13g	4%
Dietary Fiber 4g	18%
Sugars 5g	
Protein 4g	
Vitamin A 13%	Calcium 2%
Vitamin C 19%	Iron 7%

Thiamin Champions*:

Black beans, corn, lentils, peas, pecans, and sunflower seeds.

*Thiamin Champions are a good or excellent source of thiamin (provide at least 10% Daily Value).

How Much Do I Need?

A ½ cup of peas is about 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. You can eat fruits and vegetables in many forms – fresh, frozen, canned, and dried. They all count toward your daily amount. Try to eat fruits and vegetables in a variety of colors throughout the day to reach your goal. And be active for at least 60 minutes 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.



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 2011.

