

Harvest of the Month

Network for a Healthy California



STRAWBERRIES

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

April 2021 E.V. Cain Breakfast Menu

			1	2
5	6	7	8	9
Chef's Choice!	Chef's Choice!	Chef's Choice!	Chef's Choice!	Chef's Choice!
12	13	14	15	16
Chef's Choice!	Chef's Choice!	Chef's Choice!	Chef's Choice!	Chef's Choice!
19	20	21	22	23
Breakfast Burrito	Mini Pancake	Fruit and Yogurt Parfait	Breakfast Pizza	French Toast Trio
26	27	28	29	30
Pancake Bowl	Breakfast Sliders	Fruit and Yogurt Smoothie	Fresh Baked Cinnamon Rolls with Homemade Glaze	Sausage and Pancake of a Stick

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

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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April 2021 E.V. Cain Lunch Menu

			1	2
5	6	7	8	9
Chef's Choice!	Chef's Choice!	Chef's Choice!	Chef's Choice!	Chef's Choice!
Cold Celery Dipping Sticks	Jicama Dipping Sticks	Vegetarian Baked Beans	Baby Carrots	Cold Broccoli Bites
12	13	14	15	16
Chef's Choice!	Chef's Choice!	Chef's Choice!	Chef's Choice!	Chef's Choice!
Cold Celery Dipping Sticks	Jicama Dipping Sticks	Vegetarian Baked Beans	Baby Carrots	Cold Broccoli Bites
19	20	21	22	23
Teriyaki Chicken over Rice	Chicken Tamale	Italian Nada Pocket	Breakfast for Lunch - Mini Pancake Meal (Mini Pancakes, Pork Sausage Patty)	Domino's Pepperoni Pizza Slice
Veggie Egg Roll and Rice (Served with a Cheese Stick)	Bean and Cheese Papusa	Cheese Nachos	Fruit and Yogurt Parfait with Granola	Domino's Cheese Pizza Slice
Roasted Carrot Coins	Refried Beans	Cold Cauliflower Bites	Tator Tots	Mini Salad
26	27	28	29	30
Mandarin Chicken over Rice	Walking Taco	Grilled Cheese Sandwich	Chicken Nuggets and Garlic Bread	Pepperoni Stuffed Breadstick
Veggie Egg Roll and Rice (Served with a Cheese Stick)	Cheese Nachos	Soft Pretzel and Cheese Dip	Lasagna And Garlic Bread	Cheesy Pizza Pull-Apart Bites
Roasted Broccoli	Potato Wedges	Chili Beans	Cold Celery Dipping Sticks	Marinara Dipping Cup

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EAT STRAWBERRIES

Nutrition Facts	
Serving Size: ½ cup strawberries, sliced (83g)	
Calories 27	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 6g	2%
Dietary Fiber 2g	7%
Sugars 4g	
Protein 1g	
Vitamin A 0%	Calcium 1%
Vitamin C 81%	Iron 2%



Strawberry Word Search

Find the words below in the puzzle. Look up, down, sideways, and backwards.

S	U	O	I	C	I	L	E	P	I	C	E	R	I
H	T	U	V	R	C	R	P	R	G	D	B	E	R
E	E	R	D	O	N	I	E	E	O	D	E	K	H
Y	E	Z	A	P	S	E	E	D	S	V	S	M	T
B	W	A	S	W	D	E	T	N	A	S	L	K	I
V	S	C	N	Y	B	A	S	E	E	U	R	I	U
B	R	A	S	P	B	E	R	R	Y	A	I	N	R
S	K	S	R	L	F	N	R	A	R	C	P	R	F
R	S	N	B	C	A	L	I	R	E	S	E	Y	W
I	B	W	S	N	K	S	O	H	Y	T	N	L	A
T	I	K	I	Y	R	R	E	B	K	C	A	L	B
A	G	B	W	V	E	T	R	O	Y	I	C	A	L
T	H	D	A	A	B	L	U	E	B	E	R	R	Y
Q	I	E	X	O	I	I	E	M	R	L	R	A	N

- STRAWBERRY
- BIG
- SEEDS
- BLUEBERRY
- SWEET
- CROP
- BLACKBERRY
- RED
- RECIPE
- RASPBERRY
- FRUIT
- RIPEN

Reasons to Eat Strawberries:

Eating a ½ cup of strawberries will give you lots of vitamin C. Vitamin C helps your body heal cuts and wounds. It can also help your body fight infection. You can enjoy strawberries fresh, frozen, and even dried – and with any meal or snack!

Vitamin C Champions*:

Bell peppers, broccoli, cantaloupe, cauliflower, citrus fruit (like oranges and grapefruit), kiwifruit, leafy greens, and strawberries.

*Vitamin C Champions are an excellent source of vitamin C (provide at least 20% Daily Value).

How Much Do I Need?

A ½ cup of sliced strawberries is about four large strawberries. This is about one cupped handful. The amount of fruits and vegetables you need 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. Eating the right amount of fruits and vegetables every day will help you grow healthy and strong. You also need to get at least 60 minutes of physical 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.

Test Your Strawberry IQ

(answers below)

- On average, there are about _____ tiny seeds on every strawberry.
A) 25 B) 100 C) 200 D) 500
- Strawberries are the highest in which vitamin?
A) Vitamin A B) Vitamin B₆ C) Vitamin C
- Which state produces the most strawberries in the United States?
A) Ohio B) Florida C) Colorado D) California

Answers: 1. C; 2. C; 3. D



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.

