

August/September 2017

Hamilton Creek, Lacombe & Pioneer

All meals include a variety of fruits, vegetables and milk.

Mon

Tue

Wed

Thu

Fri

28 OPEN HOUSE	29 Cheesy Garlic Bread Hamburger PBJ	30 Pulled Pork Sandwich Grilled Cheese PBJ	31 Chicken Burger Homemade Chili PBJ	1 Pizza PBJ Cookie
4 NO SCHOOL	5 Chicken Tenders Grilled Cheese PBJ Honey Roasted Carrots	6 Orange Chicken Deli Turkey Sandwich PBJ	7 Taco Salad Rib'bq Sandwich PBJ	8 Pizza PBJ Pineapple
11 Hamburger Grilled Cheese PBJ	12 Turkey Gravy & Potatoes Deli Ham Sandwich PBJ	13 Chef Salad Soft Taco PBJ Refried Beans	14 Popcorn Chicken BBQ Chicken Sandwich PBJ	15 Pizza PBJ Cookie
18 Cheesy Bean Dip Deli Ham Sandwich PBJ	19 Teriyaki Dippers Chicken Fajita Taco PBJ Refried Beans	20 Taco Salad Roasted Chicken PBJ	21 Grilled Cheese BBQ Chicken Sandwich PBJ	22 Pizza PBJ
25 Grilled Cheese Sloppy Joes PBJ Garlic Broccoli	26 Soft Taco Deli Ham Sandwich PBJ	27 Orange Chicken Chicken Tenders PBJ	28 Loaded Baked Potato Homemade Chili PBJ	29 Pizza PBJ Cookie

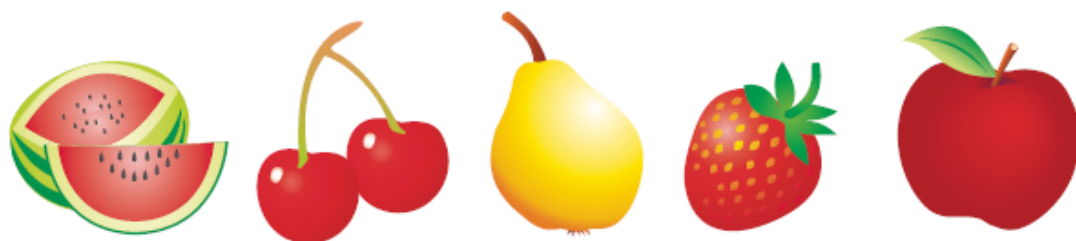


PICK AN OREGON CHERRY

HARVEST BITES

- Circle all the cherries on the menu.
- How many did you find?
- What is your favorite way to eat Oregon cherries?

Just for Kids



Can you name the fruits? They all grow in Oregon. Give them a try.

1. I grow on trees in clusters of red fruits or yellow fruits with a red blush. What fruit am I?
2. I am Oregon's #1 tree fruit crop and Oregon's state fruit. What fruit am I?
3. I am a bright red fruit with seeds on the outside. Toss me with spinach leaves for a yummy spring salad. What fruit am I?
4. I am a tree fruit grown all over Oregon. My fruit ripens from July through November, but I store so well you can eat my fresh fruit year round. What fruit am I?
5. I am about 90% water. Sometimes I have seeds and sometimes I am seedless. Hermiston is famous for growing me. What fruit am I?

(Answers: 1. Cherry 2. Pear 3. Strawberry 4. Apple 5. Watermelon)

RECOMMENDED DAILY AMOUNTS OF FRUITS AND VEGETABLES*

	Kids - ages 5-12	Teens & Adults - age 13+
Males	2 ½ – 5 cups per day	4 ½ – 6 ½ cups per day
Females	2 ½ – 5 cups per day	3 ½ – 5 cups per day

*If you are active, eat the higher number of cups per day. Visit www.choosemyplate.gov to learn more.

Visit the Oregon Department of Education Child Nutrition Programs webpage at www.ode.state.or.us/services/nutrition.

Find the link to Oregon Farm to School and School Garden Program under Associated Topics.

Grown In Oregon

The Oregon sweet cherry season starts the first week in June and can run through mid-August. Cherries in different growing regions ripen at different times.



Healthy, Fit and Ready to Learn

■ Make fruit your everyday dessert. Rinse fresh cherries, pat dry and arrange in a fun design for serving. ■ Frozen fruit is a great option too. Partially-thawed cherries are a tasty treat any time of day.

