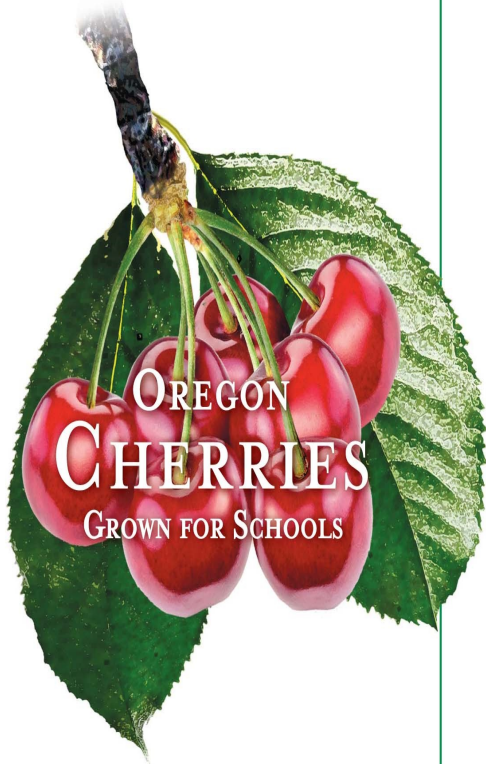


All meals include a variety of fruits, vegetables and milk.



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?

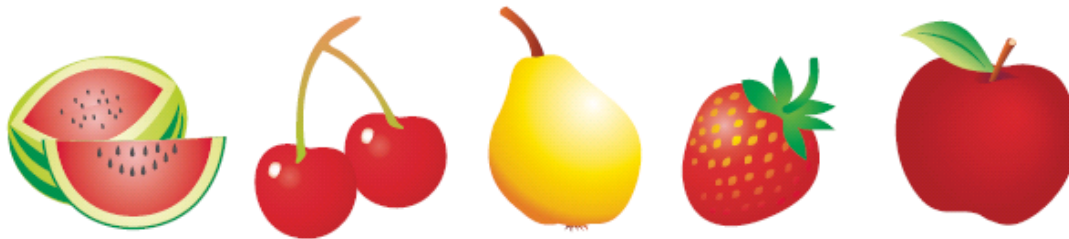
August/September 2017

Seven Oak Middle School

LUNCH IS FREE FOR ALL SEVEN OAK STUDENTS

Mon	Tue	Wed	Thu	Fri
28 Chicken Nuggets Cheesy Garlic Bread Turkey Bacon Ranch Wrap PBJ	29 Grilled Cheese Hamburger Chicken Ceasar Salad PBJ Mexicali Corn	30 Pulled Pork Sandwich Spaghetti Deli Ham Sandwich PBJ	31 Homemade Chili Chicken Burger Tuna Salad Sandwich PBJ Roasted Cauliflower	1 Pizza Taco Salad PBJ Cookie
4 NO SCHOOL	5 Grilled Cheese Chicken Tenders Tuna Salad Sandwich PBJ Honey Roasted Carrots	6 Turkey Gravy & Potatoes Rib'bq Sandwich Pizza Salad PBJ	7 Orange Chicken Ham Egg & Cheese Muffin Chicken Ceasar Salad PBJ Garlic Broccoli	8 Pizza Taco Salad PBJ Cookie
11 Hamburger Grilled Cheese Deli Ham Sandwich PBJ	12 Turkey Gravy & Potatoes Pulled Pork Sandwich Chicken Ceasar Salad PBJ	13 Soft Taco Popcorn Chicken Chef Salad PBJ	14 BBQ Chicken Sandwich Grilled Ham & Cheese Deli Turkey Sandwich PBJ	15 Pizza Taco Salad PBJ Cookie
18 Cheesy Bean Dip Deli Ham Sandwich Turkey Bacon Ranch Wrap PBJ Veggie Beans	19 Deli Turkey Sandwich Chicken Fajita Taco Chef Salad PBJ	20 Chicken Nuggets Roasted Chicken Taco Salad PBJ Pasta Salad	21 Sloppy Joes Grilled Cheese Egg Salad Sandwich PBJ	22 Pizza Turkey Bacon Ranch Wrap PBJ Cookie
25 Chicken Burger Grilled Cheese Deli Turkey Sandwich PBJ Baked Beans	26 Soft Taco Pulled Pork Sandwich Pizza Salad PBJ	27 Orange Chicken Chicken Tenders Chef Salad PBJ	28 Homemade Chili Loaded Baked Potato Deli Ham Sandwich PBJ Roasted Cauliflower	29 Pizza Taco Salad PBJ Cookie

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

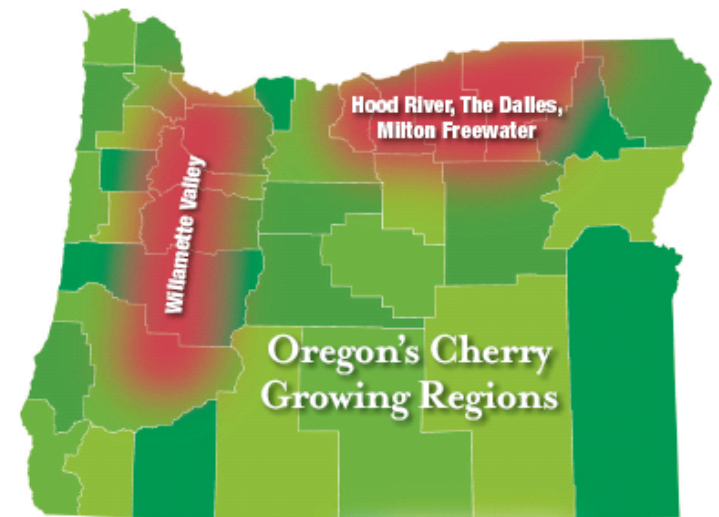
*If you are active, eat the higher number of cups per day. Visit www.choosemyplate.gov to learn more.

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.

