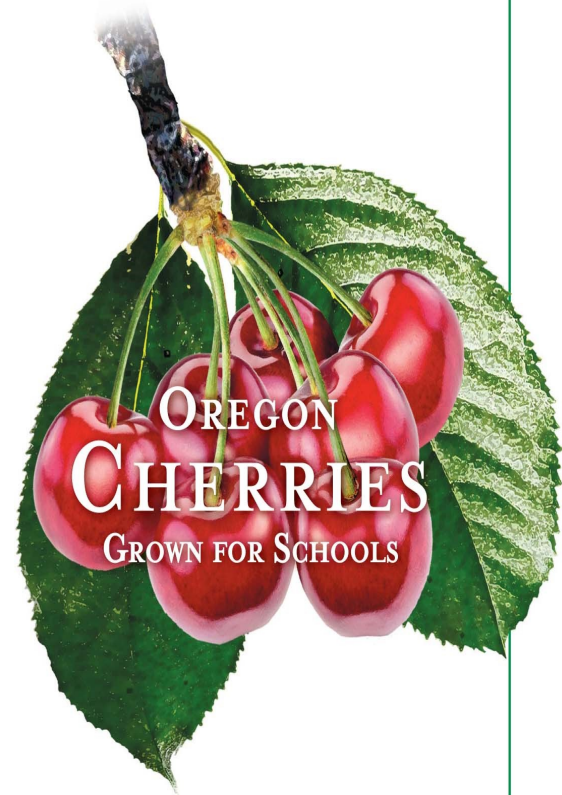


August/September 2017

LHS Menu

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

Lunch Price: \$2.50



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?

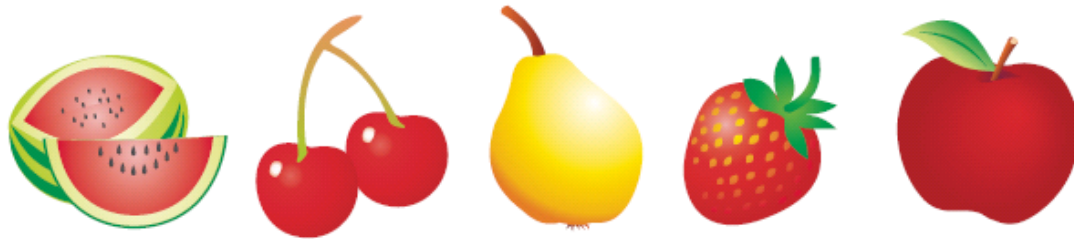
Mon	Tue	Wed	Thu	Fri
<i>Chicken Ceasar</i>	<i>Taco Salad</i>	<i>Fajita Salad</i>	<i>Asian Chicken Salad</i>	<i>Pizza</i>
<i>Salad</i>	<i>Tuna Salad</i>	<i>Cheesy Chicken</i>	<i>Deli Ham Sandwich</i>	<i>Chef Salad</i>
<i>PBJ</i>	<i>Sandwich</i>	<i>Quesadilla</i>	<i>Soft Taco</i>	<i>Cheesy Garlic Bread</i>
<i>Pepper Jack</i>	<i>Homemade Chili</i>	<i>Turkey Gravy &</i>	<i>Popcorn Chicken</i>	<i>Orange Chicken</i>
<i>Enchiladas</i>	<i>Chicken Burger</i>	<i>Mashed Potatoes</i>	<i>Ham, Egg & Cheese</i>	<i>Turkey Bacon</i>
<i>Cheeseburger</i>	<i>Grilled Ham &</i>	<i>Protein Power Pac</i>	<i>Muffin</i>	<i>Ranch Wrap</i>
<i>Pulled Pork</i>	<i>Cheese Sandwich</i>	<i>Honey Roasted</i>	<i>Baked French Fries</i>	<i>Cookie</i>
<i>Sandwich</i>		<i>Carrots</i>		
<i>Veggie Beans</i>				

Meals are the same throughout the month by day.

No School September 4th

This institution is an equal opportunity provider. Menu subject to change.

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.

