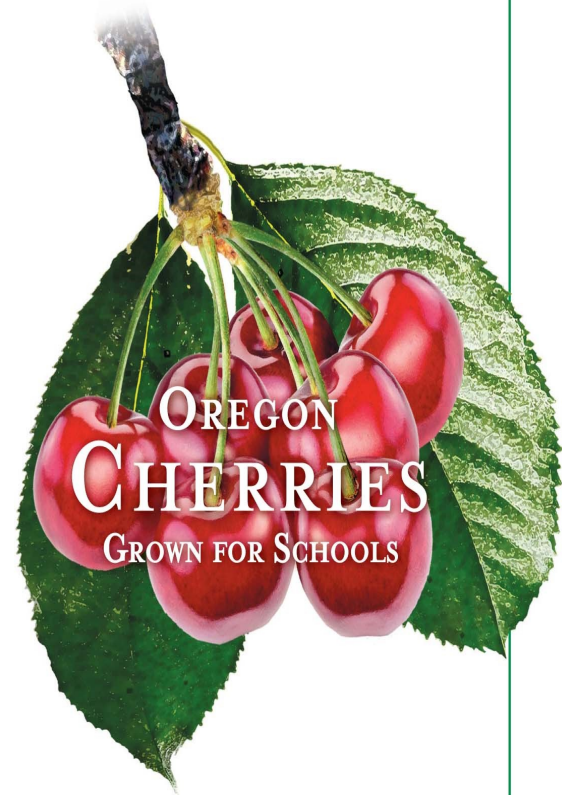


# August/September 2017

## 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?

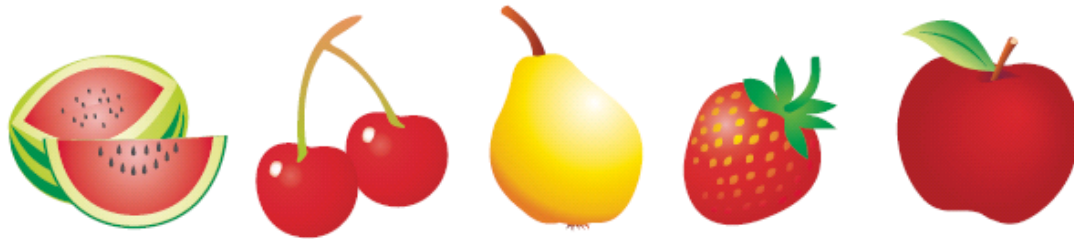
Mon	Tue	Wed	Thu	Fri
<i>Chicken Ceasar</i>	<i>Taco Salad</i>	<i>Fajita Salad</i>	<i>Asian Chicken Salad</i>	<i>Pizza</i>
<i>Salad</i>	<i>Tuna Salad</i>	<i>Cheesy Chicken</i>	<i>Deli Ham Sandwich</i>	<i>Chef Salad</i>
<i>PBJ</i>	<i>Sandwich</i>	<i>Quesadilla</i>	<i>Soft Taco</i>	<i>Cheesy Garlic Bread</i>
<i>Pepper Jack</i>	<i>Homemade Chili</i>	<i>Turkey Gravy &amp;</i>	<i>Popcorn Chicken</i>	<i>Orange Chicken</i>
<i>Enchiladas</i>	<i>Chicken Burger</i>	<i>Mashed Potatoes</i>	<i>Ham, Egg &amp; Cheese</i>	<i>Turkey Bacon</i>
<i>Cheeseburger</i>	<i>Grilled Ham &amp;</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

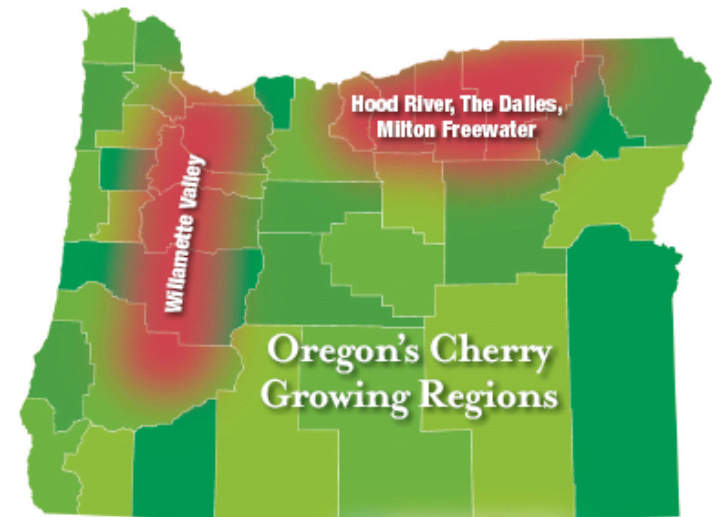
\*If you are active, eat the higher number of cups per day. Visit [www.choosemyplate.gov](http://www.choosemyplate.gov) to learn more.

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

