

# Harvest of the Month

Growing Healthy Students



## TUNA APPLE SALAD

Ingredients:  
(Makes 4 servings at 1/2 pita each)

- 2 (6-ounce) cans water packed tuna, drained
- 2 tablespoons minced red onion
- 1 apple, cored and chopped
- 1/4 cup chopped celery
- 1/4 cup raisins
- 3 tablespoons fat free Italian dressing
- 2 cups salad greens
- 2 pita breads, cut in half OR 4 slices whole wheat bread

1. In a small bowl, stir tuna, onion, apple, celery, raisins and two table- spoons of dressing together.
2. In another bowl, toss salad greens with remaining dressing.
3. Carefully open pita breads and fill with equal amounts of tuna mixture and greens.

# September 2017 Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 <b>NO SCHOOL</b>	5 Hot Dog Beef Fingers	6 Tamale Chalupa	7 Chili Beans w/Tostitos Popcorn Chicken	8 Cheesy Chicken Sub Spaghetti
11 Chicken Nuggets Corndog	12 Taco Nachos	13 Cheeseburger Fish Bites	14 Chicken Alfredo Cheesy Breadsticks	15 BBQ Pork Sandwich Grilled Cheese
18 Taquitos Tostada	19 Mandarin Orange Chicken Teriyaki Nuggets	20 Domino's Pizza PB & J	21 BBQ Chicken Macaroni & Cheese	22 Beef & Bean Burrito Cheese Enchilada
25 Chicken Fajita Pupusa	26 Hot Dog Beef Fingers	27 Tamale Chalupa	28 Chili Beans w/Tostitos Popcorn Chicken	29 Cheesy Chicken Sub Spaghetti

### Lunch includes a choice of :

- ◆ Entree
- ◆ Milk (1%white or nonfat chocolate)
- ◆ 100% Juice
- ◆ Seasonal Fruit & Vegetables from the salad bar

### Following available for Breakfast:

- Daily special
- 100% juice and fruit
- Low-fat or nonfat milk

## Breakfast Specials

### Lunch offered includes 5 components:

1. Grain/Bread
2. Meat/Meat Alternate
3. Fruit
4. Vegetable
5. Milk

**You must take 3 of the 5 items . One of these needs to be 1/2 cup of fruit or vegetables.**

Cereal & Oatmeal Bar	Pancake Sausage on a Stick	Burrito	Waffle	Beef Sausage Sandwich
Cereal & Muffin	Stuffed Croissant	Mini Cinni's	Pizza Stick	Yogurt & UBR Bar

## HELPING YOUR KIDS EAT HEALTHY

- Dip apple slices in calcium-rich lowfat yogurt or protein-filled peanut butter.
- Freeze 100 percent apple juice in an ice tray or in a paper cup with a popsicle stick and serve for dessert.

- Use applesauce to make reduced-fat baked goods. Replace shortening or oils in baking with an equal volume of applesauce plus one-third of the oil called for in the recipe.