

Harvest of the Month

Network for a Healthy California



STRAWBERRIES
May

Reasons to Eat Strawberries

A ½ cup of sliced strawberries (about 4 large strawberries) provides:

An excellent source of vitamin C* – more than 80% of the recommended Daily Value. A source of fiber and folate.

Champion Sources of

Vitamin C:

- * Bell peppers
- * Broccoli
- * Citrus fruit
- * Cantaloupe
- * Cauliflower
- * Kiwifruit
- * Leafy greens
- * Strawberries

MAY 2021

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|------------------------|------------------------------|-----------------------|--------------------------------|------------------------|
| 3 Corn Dogs | 4 Cheesy Breadsticks | 5 Cheeseburger | 6 Chicken Nuggets | 7 BBQ Pork on a Bun |
| 10 Tuna Sandwich | 11 Mac & Cheese | 12 Chicken Fajitas | 13 Turkey & Cheese Sandwich | 14 Cook's Choice |
| 17 RibBBQ | 18 BBQ Chicken | 19 Domino's | 20 Orange Chicken | 21 Chalupa |
| 24 Spaghetti | 25 Chicken Patty on a Bun | 26 Grilled Cheese | 27 Chicken Alfredo | 28 Cooks Choice |
| 31 No School | | | | |

Lunch includes a choice of :

- ◆ Entrees
- ◆ 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 | Bagel | Cereal & Oatmeal Bar | Muffin | PB & J Sandwich |
| Cereal & Banana Loaf | Apple Bites | UBR | Cereal & Nutri Grain Bar | Yogurt & Granola |

Fruity Facts

Strawberries are the first fruit to ripen in the spring.

The seeds of the strawberry are really the fruit while the red fleshy part is the receptacle that holds the parts of the flower together.

On average, there are 200 tiny seeds on every strawberry.

Strawberries are the most popular berry in the United States.

Ninety-four percent of United States households consume strawberries.

Americans eat 3.4 pounds of fresh strawberries each year plus another 1.8 pounds frozen per capita.

This institution is an equal opportunity provider.