

Harvest of the Month™



How Much Do I Need?

A ½ cup of broccoli is about the size of one cupped handful. Broccoli can be eaten in a variety of ways – fresh, cooked, cooked from frozen, or even pureed. All forms count toward the daily recommended amount. The amount that each person needs depends on age, gender, and physical activity level.

What is Folate? Folate is a water-soluble vitamin. It works with vitamin B12 (cobalamin) to form hemoglobin in red blood cells.

RIVERSIDE UNIFIED SCHOOL DISTRICT - NUTRITION SERVICES

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Farmer's Market Salad Bar

POWER UP
With Fruits and
Vegetables
Every Day!



Home of the

Farmers' Market Salad Bar
Locally Grown - Nationally Known - Global Reach

Visit our nationally recognized "Farmers' Market Salad Bar" where a variety of fresh fruits and vegetables are offered. Daily selections are not listed on the menu, but special items will be noted on the specific day's menu.

***The Farmers' Market Salad Bar option is not available at Sunshine.**

Salad Bar Promo Tamale and Rips December 15, 2016



RECIPE CORNER

Orange Gingerbread Smoothie

Ingredients

- 2 handfuls baby kale
- 1 orange - peeled
- 1/2 inch ginger - peeled
- 1 tbsp raisins
- 1 tsp molasses
- 1/2 cup water
- 1 cup ice

<https://greenblender.com/smoothies/recipes/orange-gingerbread>, The Blend



Calendar Menu Notes

Pizza Day is every Wednesday and specialty pizza vendor dates rotate to different schools every week.

The rotating **BBQ** is scheduled every Friday at a different school.

Farmers' Market Salad Bar Promotions are noted on the calendar date.

Fresh fruit offerings are **printed in green**.
Vegetable offerings are **printed in orange**.

Menu is subject to change due to availability of products, allergies, holidays, and other considerations.

If you have questions regarding the menu, please contact Nutrition Services at (951) 352-6740.

December, 2016

Monday	Tuesday	Wednesday	Thursday	Friday
<div style="display: flex; justify-content: space-between;"> <div style="border: 1px solid black; padding: 5px;"> <p>Meal Prices</p> <p>Breakfast \$1.25 Lunch \$2.75</p> <p>Milk Included</p> </div> <div style="border: 1px solid black; padding: 5px;"> <p>Breakfast Milk - 1% and Non-Fat White</p> <p>Lunch Milk - 1% and Non-Fat White Non-Fat Flavored</p> </div> </div>			1	2
<p>Parent/Teacher Conference December 1st and 2nd Elementary Schools Not in Session</p>				
5	6	7	9	9
Honey Wheat Bun Diced Pears	Assorted Cereal, Jungle Crackers Apple Slices	Breakfast Burrito, Banana	Bagel and Cream Cheese Mixed Fruit	Breakfast Muffin, Berry Juice
Fiesta Santa Fe Bean and Cheese Burrito with Salsa Fiesta Corn and Bell Peppers Orange Wedges	Turkey and Gravy, Warm Roll Mashed Potatoes Kiwi Wedges	Vendor Pizza Day Franklin and Fremont Stuffed Crust Pizza Broccoli Salad Persimmon Wedges	Double Pancakes Turkey Sausage Patty with Maple Syrup Yellow Corn Banana	BBQ at Highgrove Chili Hot Dog Cool Cucumber Slices and Tomatoes Pear Wedges
12	13	14	15	16
Bagel and Cream Cheese Rockin' Raisins	French Toast Awesome Apple Slices	Ham and Cheese Biscuit Berry Juice	Assorted Cereal, String Cheese Banana	Pancakes, Turkey Sausage Patty with Maple Syrup, Diced Pears
Chicken Corn Dog Picnic Coleslaw Apple Wedges	Taco Empanada Cucumber Slices and Carrot Coins Pear Wedges	Vendor Pizza Day Castle View and Emerson Sicilian Pizza Farmers' Market Salad, Tomatoes Kiwi Wedges	TAMALE SALAD BAR DAY Cool Tropic Fruit Slush	BBQ at Highland Classic Hamburger Picnic Coleslaw Orange Wedges
19	20	21	22	23
Assorted Cereal, Creamy Yogurt Diced Peaches	Father Time Berry Crunch Bar Pear	Mini Pancakes, Banana Vendor Pizza Day Beatty and Bryant Double Trouble Pizza Garden Salad Tangerine • Holiday Wreath Cookie •	Breakfast Muffin, Apple Slices	Apple Pocket, Raisins
Fiesta Santa Fe Bean and Cheese Burrito with Salsa Bell Pepper, Cucumber Slices Kiwi Wedges	Oven Baked Chicken Breadstick Tomato and Corn Salad Orange Wedges		Waffle Sticks, Turkey Sausage Patty with Syrup Carrot and Celery Sticks Pear Wedges	Crispy Chicken Sandwich Baked Beans Apple Wedges
26	27	28	29	30
<p>Winter Break Recess - District Facilities Closed December 26, 2016 - January 6, 2017</p>				