Child Nutrition — September 2017

LAS VIRGENES USD

Elementary Menu
♥ Nut Safe Menu

Lucky Tray Day

Calendar

1
Homemade Spaghetti & Meatballs
Variety of Fresh
Fruits & Veggies

4
LABOR DAY

5
House Special Chicken
Brown Rice
Variety of Fresh
Fruit & Veggies

6
Nachos Little Bites
Salsa
Variety of Fresh
Fruits & Veggies

7
Personal Cheese Pizza
Variety of Fresh
Fruits & Veggies

8
Mini Pancakes
String Cheese
Variety of Fresh
Fruits & Veggies

11
Star Chicken Nuggets
Rice Krispy Treat
Variety of Fresh
Fruits & Veggies

12
Orange Chicken
Brown Rice
Variety of Fresh
Fruit & Veggies

13
West Coast
Fish Tacos
Variety of Fresh
Fruits & Veggies

14
SMART Slice
Cheese Pizza
Variety of Fresh
Fruits & Veggies

15
Home Baked
Macaroni & Cheese
Variety of Fresh
Fruits & Veggies

18
Chicken Tenders
Honey Wheat Biscuit
Variety of Fresh
Fruits & Veggies

19
House Special Chicken
Brown Rice
Variety of Fresh
Fruit & Veggies

20
Cheesy Breadsticks
Marinara Sauce
Variety of Fresh
Fruits & Veggies

21
NO SCHOOL

22
NO SCHOOL

25
Popcorn Chicken
Baked Tater Tots
Variety of Fresh Fruits

26
Teriyaki Drumsti...
Whole Wheat Dinner Roll
Steamed Broccoli
Variety of Fresh Fruits

27
All Beef Hot Dog
Snickerdoodle Cookie
Variety of Fresh
Fruits & Veggies

28
SMART Slice
Cheese Pizza
Variety of Fresh
Fruits & Veggies

29
Mini Corn Dogs
Variety of Fresh
Fruits & Veggies
Birthday Muffin

MENU SPECIALS

DAILY
Grilled Cheese Sandwich
Veggies & Fruit of the Day
Choice of Drink

Make Your Own Pizza Pack
Veggie & Fruit of the Day
Choice of Drink

Parfait
Veggie of the Day
Choice of Drink

TUESDAY
Chicken Caesar Salad
Whole Grain Croutons
Fresh Fruit
Choice of Drink

SMART SNACKS

Milk		$1
Switch	*100% juice*	$1.25
Chocolate Oat Bar		$1
Sidekick	*frozen juice*	$1
Kettle Korn		$1
Wheat Cookie	*Thursdays only*	$1

🌾 VEGETARIAN

🐷 PORK

In the cafeteria this month we're featuring **GRAPES** as our Harvest of the Month! Our school cafeteria is serving fruits and vegetables from local farms throughout this school year.
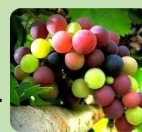
Fun Facts

Grapes are actually berries.

On average, there are over 100 grapes in a bunch.

Americans eat about eight pounds of grapes annually, up from 2.5 pounds in 1970*.

There are more than 8,000 grape Varieties from about 60 species.

History

Grapes belong to the oldest plants on earth, much older than the human being. The exact origin is unknown. The most likely origin is from the regions around the Caspian Sea, where grapes have been cultivated when the Mesopotamian town Ur was at the peak of its development. Concord grapes are one of only three fruits native to North America.

WHAT'S FOR LUNCH IN SEPTEMBER?

Nacho Little Bites: corn masa pillows filled with a blend of low fat cheese and refried beans.

Pick Up Stix: made especially for LVUSD, low in sodium and fat.

Chicken Nuggets: Variety of fun shapes, whole grain, and baked.

Mini Pancakes: whole grain

Teriyaki Chicken Drumstick *Antibiotic Free*: This nutritious and delicious entrée is antibiotic free, contains no MSG, artificial coloring or flavoring.

Grape and Fennel Salad Recipe

2 tablespoons EV olive oil
2 tablespoons white-wine vinegar
½ teaspoon fennel seeds, lightly crushed
¼ teaspoon salt
¼ teaspoon freshly ground pepper, divided
5 cups red and green seedless grapes (about 1¾ pounds), halved
1 large fennel bulb, halved, cored and thinly sliced
3 stalks celery, thinly sliced on the diagonal
4 scallions, thinly sliced on the diagonal

Whisk oil, vinegar, fennel seeds, salt and pe   rge bowl. Add grapes, fennel, celery and scallions; to   njoy!

Healthy Serving Ideas

• Add sliced grapes to pita sandwiches, chicken salads, and pasta.

• Rinse and freeze grapes for a quick snack.

• Carry raisins with you for a ready, on-the-go snack.

• Drink 100% fruit and vegetable juices instead of sugary drinks.

Child Nutrition

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