

# Harvest of the Month



CRUNCHY,  
COLORFUL  
CAULIFLOWER

A great source of:

- fiber (keeps digestive system healthy)
- B vitamins (boosts energy)
- vitamin C (helps body heal)



Start your day with a delicious & healthy school breakfast, served 7:45-8:10 a.m. Please arrive BEFORE 8:10 a.m.!



## Lunch Menu Jan. 20-24, 2020

| Monday | Taco Tuesday   | Wednesday   | Thursday   | Farm Fresh Friday                                   |
|--------|--|---|--|---|
|        | Cheese & Bean Burrito<br>Or<br>Walking Chicken SALAD | Pepperoni Pizza<br>Or<br>Cilantro Humus & Pita  | Thai Peanut Chicken<br>Or<br>Yogurt, Seeds & Banana Bread  | Corn Dog<br>Or<br>Chicken Salad on AZ Fresh Spinach |
|        | Veggie of the Day:<br>Mexican Corn Salad             | Veggie of the Day:<br><b>Crispy Humus &amp; Kale*</b><br><i>*People's Choice Winner</i> | <b>Peaches 'n Cream*</b><br><i>*Oct. Taste Test Winner</i> | Veggie of the Day:<br><b>Arizona Greens Salad</b>   |

## Lunch Menu Jan. 27-31, 2020

| Meatless Monday                                    | Tuesday   | Wednesday  | Thursday                                   | Farm Fresh Friday                                 |
|--|---|--|--|---|
| Grilled Cheese Sandwich<br>Or<br>Veggie Chef Salad | Walking Beefy Nachos<br>or<br>SW Chicken Salad Bowl | Hot Dog<br>or<br>Turkey Sub Sandwich                         | Asian Chicken & Rice<br>Or<br>PBJ Sandwich | Chicken Bites<br>Or<br>Tuna Sandwich              |
| Veggie of the Day:<br>Roasted Romanesco            | Veggie of the Day:<br>Southwest Slaw                | <b>Tropical Monkey*</b><br><i>*Oct. Taste Test Runner-up</i> | Veggie of the Day:<br>Edamame (soybeans)   | Veggie of the Day:<br><b>Arizona Greens Salad</b> |



**Milk** choice includes a choice of non-fat or 1% White milk. Reduced fat dressing is served with salads and fresh vegetables.

All Grain items are **Whole Grain Rich**.

**Market Fresh Fruit Cart** includes a variety of daily choices of Apples, Oranges, Applesauce and Raisins. Variety of other seasonally available fruits are included including: Banana, Grapes, Melons, Kiwi, Pears, etc..

**Fresh Vegetables** includes daily Baby Carrots and others like: Broccoli Cauliflower, Celery, Cucumber, Assorted Peppers, Assorted Tomato, Lettuce, Spinach and other greens in addition to seasonal vegies like Kohlrabi, Peas and Beans.

Menu items are subject to change and availability.

Questions? Email [itirado@concordiacharter.org](mailto:itirado@concordiacharter.org) This institution is an equal opportunities provider

# ROMANESCO

Known for its beautifully unique shape, this winter veggie is related to both Cauliflower and Broccoli.



Romanesco grows above the ground, inside thick, dark green leaves. It loves to grow when the weather is cold, but when things heat up, the plant will start to flower (bolt). Seeds grow inside the flowers, and can be saved to plant the next year!

Romanesco's name comes from the place it was first grown, Rome, Italy, way back in the 1500's (16<sup>th</sup> Century)



Recipe to try at home:

## Roasted Romanesco

- ✓ Head of Romanesco
- ✓ 3 tsp. olive oil
- ✓ Spices to taste



## Directions:

1. Preheat oven to 400 degrees
2. Cut Romanesco into small pieces (florets)
3. Put Romanesco in a bowl or plastic bag, add oil, and stir or shake until florets are lightly coated
4. Sprinkle florets with spices
5. Spread evenly onto cookie sheet
6. Roast in oven for about 10 minutes, or until tips start to get lightly browned
7. Enjoy your healthy & delish veggies!