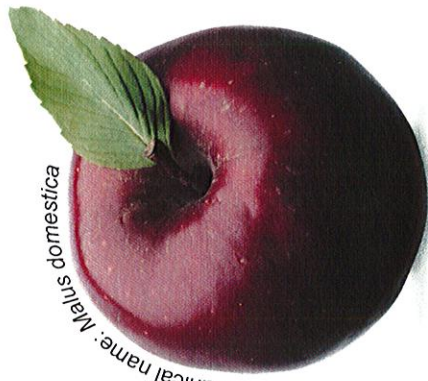


Harvest of the Month

Network for a Healthy California



Botanical name: *Malus domestica*

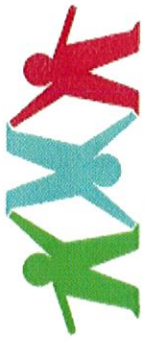
APPLES

Circle all apples on the menu.

- How many did you find?
- How many different ways are apples served?
- How many apples do you plan to eat this week?




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



Concordia Charter School, Inc.
concordiacharter.org 480.461.0555

Lunch Menu Sept. 2-6, 2019

Monday	Taco Tuesday	Wednesday	Thursday	Farm Fresh Friday
No School 	Pork Taco or Cheese Quesadilla Veggie of the Day: Refried Beans Tortilla Chips	Pepperoni Pizza Or Corn Dog Veggie of the Day: Roasted California Blend Oatmeal Cookie	Cheeseburger or PBJ Uncrustable Veggie of the Day: Mashed Potatoes WG Dinner Roll	Brunch Pancake Wrap or Yogurt, String Cheese Veggie of the Day: Spinach Garden Salad Muffin

Lunch Menu Sept. 9-13, 2019

Meatless Monday	Taco Tuesday	Wednesday	Thursday	Farm Fresh Friday
Bosco Cheese Breadstick or PBJ Uncrustable Veggie of the Day: Caesar Salad Whole Wheat Roll	Pork & Cheese Quesadilla or Bean & Cheese Burrito Veggie of the Day: Ranch Salad Tortilla Chips	Hot Dog or Pancakes & Scrambled Eggs Veggie of the Day: Baked Beans Oatmeal Cookie	Orange Chicken w/ Brown Rice or Orange Chicken Salad Veggie of the Day: Oriental Salad Fortune Cookie	Baked Hawaiian Ham Or Hawaiian Salad Veggie of the Day: Mashed Potatoes Hawaiian Dinner Roll

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 fruits are included when seasonal of available including: Banana, Grapes, Melons, Kiwi, Pineapple and others.

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

Menu items are subject to change and availability.

Questions? Email itirado@concordiacharter.org

This institution is an equal opportunities provider

APPLE ACTIVITIES

Nutrition Facts

Serving Size: ½ cup apples, sliced (55g)
Calories 28
Calories from Fat 0

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 8g	3%
Dietary Fiber 1g	5%
Sugars 6g	
Protein 0g	
Vitamin A 1%	Calcium 0%
Vitamin C 4%	Iron 0%

Test Your Apple IQ

(answers are at the bottom of this page)

1. A ½ cup of sliced apples has _____ gram(s) of fiber.
(Hint: Look at the Nutrition Facts label on the right.)
A) zero B) one C) four D) eight
2. Most of the fiber in an apple is found in the _____.
A) flesh B) skin C) core D) stem
3. Which apple variety is grown in California? _____.
A) Fuji B) Gala C) Red Delicious D) all three

Reasons to Eat Apples

Apples are a source of fiber. Fiber helps you feel full, helps move food through your body, and helps keep your blood sugar level normal. It is found only in plant foods like fruits, vegetables, grains, nuts, and seeds. Eating fruits, like apples, will help you get the nutrients you need to grow healthy and strong.

Fiber Champions*:

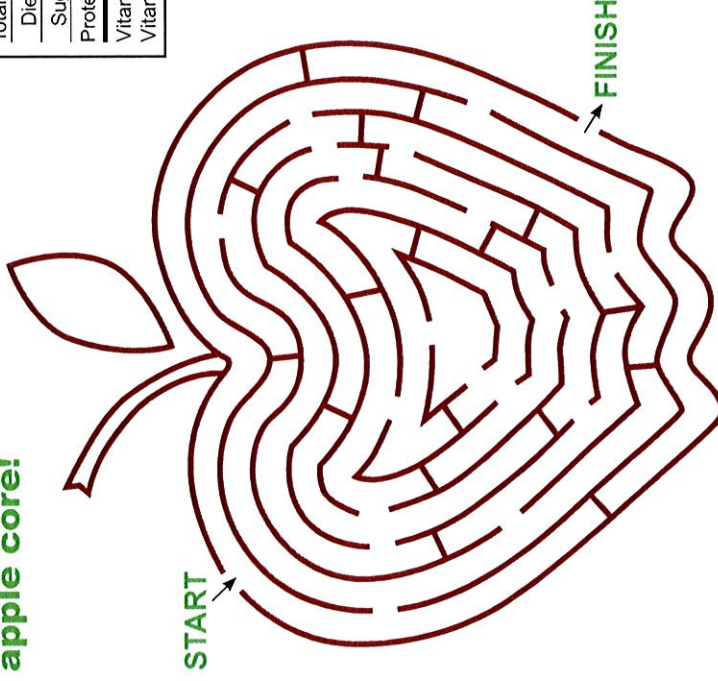
Beans, blackberries, dates, peas, pears, pumpkin, raspberries, whole wheat cereal, and whole wheat bread.

*Fiber Champions are a good or excellent source of fiber.

How Much Do I Need?

A ½ cup of sliced apples is about one cupped handful. This is about the size of half of a small apple. The amount of fruits and vegetables that is right for you depends on your age, if you are a boy or a girl, and how active you are every day. All forms of fruits and vegetables count towards your daily amounts – fresh, frozen, canned, dried, and 100% juice. Make a plan to eat plenty of fruits and vegetables every day. And don't forget to be active for at least 60 minutes each day!

Find your way through the apple core!



Recommended Daily Amount of Fruits and Vegetables**

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
Boys	2½ - 5 cups per day	4½ - 6½ cups per day
Girls	2½ - 5 cups per day	3½ - 5 cups per day

**If you are active, eat the higher number of cups per day. Visit www.mypyramid.gov/kids to learn more.



For food stamp information, call 877-847-3663. Funded by the USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer. Visit www.cachampionsforchange.net for healthy tips. © California Department of Public Health 2010.