


Harvest of the Month

Network for a Healthy California



STRAWBERRIES
May

Berry Fun Activities 
Circle all of the meals on the menu that contain strawberries.

- How many did you find?
- How many strawberries are in the meals served for lunch?
- Are there any other red fruits or vegetables?

DEL MAR UNION SCHOOL DISTRICT MAY 2011

Meatless Mondays	Fiesta Tuesdays	All American Weds	Brown Bag Thursdays	Happy Fridays!
MONDAY 2	TUESDAY 3	WEDNESDAY 4	THURSDAY 5	FRIDAY 6
<i>Veggie Fruit Pack</i> – carrots, broccoli, cauliflower, grapes, pretzels, and cheese cubes <i>Dried Fruit Medley</i> <i>Waffle Graham</i> <i>Milk</i>	<i>Homemade Bean Burrito</i> – vegetarian refried beans, cheese, tortilla <i>Fresh Strawberries</i> <i>Cinnamon Grahams</i> <i>Milk</i>	<i>Baked All Natural Chicken Nuggets</i> <i>Whole Wheat Roll</i> <i>Cucumber Slices w/ Ranch</i> <i>Sliced Apple</i> <i>Milk</i>	<i>Harvest Grain Turkey Sandwich</i> – whole grain bread, lettuce, tomato, and cheese <i>Homemade Tricolor Pasta Salad</i> <i>Banana</i> <i>Milk</i>	<i>Cheese Pizza Bagel</i> <i>Caesar Salad Cup</i> <i>Tangerine</i> <i>(Stehly Farms Organics)</i> <i>Milk</i>
MONDAY 9	TUESDAY 10	WEDNESDAY 11	THURSDAY 12	FRIDAY 13
<i>Hummus Pack</i> – hummus, pita wedges, carrot sticks, celery sticks, and cucumbers with ranch <i>Strawberry Cup</i> <i>Jungle Crackers</i> <i>Milk</i>	<i>Homemade Chicken Fajita Bowl</i> – beans, rice, chicken, and cheese <i>Grapes</i> <i>Carrot Sticks</i> <i>Goldfish Crackers</i> <i>Milk</i>	<i>Baked Mini Corn Dog Salad Cup w/Ranch</i> <i>Navel Orange</i> <i>(Stehly Farms Organics)</i> <i>Cheez-it Crackers</i> <i>Milk</i>	<i>Teriyaki Chicken Wrap</i> – whole wheat tortilla, shredded carrot and cabbage <i>Raisins</i> <i>Homemade Bean Salad</i> <i>Milk</i>	<i>Aloha Chicken Teriyaki Bowl</i> - Chicken teriyaki, pineapple, and brown rice <i>Broccoli florets w/Ranch</i> <i>Milk</i>
MONDAY 16	TUESDAY 17	WEDNESDAY 18	THURSDAY 19	FRIDAY 20
<i>Yogurt Parfait Pack</i> – vanilla yogurt, grapes, strawberries, apple slices and granola <i>Jicama Sticks</i> <i>Graham Crackers</i> <i>Milk</i>	<i>Homemade Bean, Rice & Cheese Burrito</i> – beans, rice, and cheese <i>Cucumber Slices w/ Ranch</i> <i>Pretzels</i> <i>Sliced Apple</i> <i>Milk</i>	<i>All Beef Hamburger on Whole Wheat Bun</i> <i>Fresh Strawberries</i> <i>Caesar Salad Cup</i> <i>Vanilla Graham Cracker</i> <i>Milk</i>	<i>Make Your own Pita Sandwich</i> – Whole wheat pita pocket, turkey, cheese, lettuce and tomato <i>Fresh Strawberries</i> <i>All Natural Corn Chips</i> <i>Milk</i>	<i>Baked Popcorn</i> <i>Chicken Nuggets</i> <i>Strawberry Cup</i> <i>Carrot Sticks</i> <i>Milk</i>
MONDAY 23	TUESDAY 24	WEDNESDAY 25	THURSDAY 26	FRIDAY 27
<i>Hummus Pack</i> – hummus, pita wedges, carrot sticks, celery sticks, and cucumbers with Ranch <i>Grapes</i> <i>Jungle Crackers</i> <i>Milk</i>	<i>Homemade Chicken & Rice Burrito</i> <i>Raisins</i> <i>Carrot Sticks</i> <i>All Natural Corn Chips</i> <i>Milk</i>	<i>Cheese Pizza Strip Salad Cup w/ Ranch</i> <i>Apricot Cup</i> <i>Crunchy Snack Mix</i> <i>Milk</i>	<i>Turkey Ham Sub</i> – lettuce, tomato, cheese <i>Homemade Tricolor Pasta Salad</i> <i>Tangerine</i> <i>(Stehly Farms Organics)</i> <i>Milk</i>	<i>Homemade Cheese Quesadilla</i> <i>Cucumber Slices w/ Ranch</i> <i>Blueberry cup</i> <i>Milk</i>

All Menus Subject to Change

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BERRY FUN ACTIVITIES

Strawberry Word Search

Find the words next to the strawberry slice in the puzzle. Look up, down and sideways.



- | | | |
|------------|--------------|--------|
| STRAWBERRY | JELLO | FRUIT |
| BLUEBERRY | PIE | RED |
| PICKED | RIPEN | SNACKS |
| SHORTCAKE | SALAD | FLOWER |
| BERRIES | RECIPE | LEAVES |
| BIG | BLACKBERRIES | GROW |
| SWEET | BANANA | SEEDS |

Eat the Rainbow!

Fruits and vegetables come in a rainbow of colors. Eat a variety of colorful fruits and vegetables every day — red, yellow/orange, white, green and blue/purple. Strawberries are in the red color group.

- Red fruits and vegetables help maintain a healthy heart and memory function. Examples include strawberries, cherries, red grapes, tomatoes, red bell peppers, beets, radishes and red potatoes.

What is a Serving?

A serving of strawberries is one cup of halved berries. This is about eight large berries.


Test Your Strawberry IQ

(answers below)

- On average, there are about _____ tiny seeds on every strawberry.
A.) 25 B.) 100 C.) 200 D.) 500
- Strawberries are the highest in which vitamin?
A.) Vitamin A B.) Vitamin B6 C.) Vitamin C
- Which state produces the most strawberries in the United States?
A.) Ohio B.) Florida C.) Colorado D.) California

Answers: 1. C; 2. C; 3. D

Nutrition Facts



Serving Size: 1 cup, halves (152g)	
Calories 49	Calories from Fat 4
% Daily Value	
Total Fat 0g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 12g	4%
Dietary Fiber 3g	12%
Sugars 7g	
Protein 1g	
Vitamin A 0%	Calcium 2%
Vitamin C 149%	Iron 3%
Source: www.nutritiondata.com	



This material was funded by USDA's Food Stamp Program through the California Department of Public Health's Network for a Healthy California. These institutions are equal opportunity providers and employers. The Food Stamp Program provides nutrition assistance to people with low income. It can help buy nutritious foods for a better diet. For information on the Food Stamp Program, call 1-888-328-3483. © Copyright California Department of Public Health 2007.