

Harvest of the Month

Network for a Healthy California

Botanical name: *Prunus persica*



STONE FRUITS: PEACHES June

Circle all meals that have stone fruits in them.

- How many meals did you find?
- How many different stone fruits are being served?
- What is your favorite stone fruit?



DEL MAR UNION SCHOOL DISTRICT June 2011

Meatless Mondays	Fiesta Tuesdays	All American Weds	Brown Bag Thursdays	Happy Fridays!
MONDAY 30	TUESDAY 31	WEDNESDAY 1	THURSDAY 2	FRIDAY 3
MEMORIAL DAY No School	<i>Homemade Chicken & Rice Burrito</i> – chicken, Spanish rice, tortilla <i>Raisins</i> <i>Cauliflower Florets w/Ranch</i> <i>All Natural Corn Chips</i> <i>Milk</i>	<i>Hot Dog (Turkey)</i> <i>Peach Cup</i> <i>Carrot Sticks</i> <i>Pretzels</i> <i>Milk</i>	<i>Harvest Grain Turkey Sandwich</i> – whole grain bread, turkey and cheese <i>Salad Cup w/ Ranch</i> <i>Banana</i> <i>Cheese Goldfish</i> <i>Milk</i>	<i>Orange Chicken Bowl</i> – orange chicken, brown rice <i>Broccoli Florets w/Ranch</i> <i>Pineapple</i> <i>Jungle Crackers</i> <i>Milk</i>
MONDAY 6	TUESDAY 7	WEDNESDAY 8	THURSDAY 9	FRIDAY 10
<i>Cheese Pizza Strip</i> <i>Frozen Fruit Bar</i> <i>Jicama Sticks</i> <i>Waffle Graham</i> <i>Milk</i>	<i>Homemade Bean Burrito</i> – vegetarian refried beans, cheese, tortilla <i>Cucumber Slices w/Ranch</i> <i>Fresh Strawberries</i> <i>Rice Crispy Treat</i> <i>Milk</i>	<i>Crazy Chicken Day</i> <i>Salad Cup w/Ranch</i> <i>Orange Slices</i> <i>Cheeze-it Crackers</i> <i>Milk</i>	<i>Turkey and Cheese Wrap</i> – whole wheat tortilla, turkey, cheese <i>Fresh Peach</i> <i>Carrot Sticks w/ Ranch</i> <i>All Natural Corn Chips</i> <i>Milk</i>	<i>Teriyaki Beef Dippers w/ Brown Rice</i> <i>Broccoli Florets w/Ranch</i> <i>Apricot Cup</i> <i>Graham Crackers</i> <i>Milk</i>
MONDAY 13	TUESDAY 14	WEDNESDAY 15	THURSDAY 16	FRIDAY 17
<i>Picnic Pack</i> – wheat crackers, cheese slices, celery & carrot sticks with ranch <i>Dried Fruit Medley</i> <i>Chocolate Belly Bears</i> <i>Milk</i>	<i>Homemade Cheese Quesadilla</i> – cheese, tortilla <i>Fresh Peach</i> <i>Jungle Crackers</i> <i>Milk</i>	<i>All Beef Cheeseburger on Whole Wheat Bun</i> <i>Fresh Apples</i> <i>Corn Cup</i> <i>Cheese Goldfish</i> <i>Milk</i>	<i>Chicken Caesar Salad</i> <i>Whole Wheat Roll</i> <i>Dried Cherry Cup</i> <i>Cinnamon Grahams</i> <i>Milk</i>	<i>Baked Popcorn</i> <i>Chicken Nuggets</i> <i>Peach Cup</i> <i>Carrot Sticks</i> <i>Pretzels</i> <i>Milk</i>

All Menus Subject to Change

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REACH FOR PEACHES

Eat a Peach

Peaches are full of healthy stuff — Vitamin A, Vitamin C, Vitamin E, fiber, iron and potassium. Write down four different ways to include peaches in your meals and snacks.

1. _____
2. _____
3. _____
4. _____

My favorite way to eat peaches is:

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. Peaches are in the yellow/orange and white/tan/brown color groups.

- Yellow/orange fruits and vegetables help maintain a healthy heart, vision and immune system. Examples are:
 - Peaches, nectarines*, cantaloupe, apricots, yellow tomatoes, carrots, yellow squash, wax beans and yellow peppers.
- White/tan/brown fruits and vegetables help maintain a healthy heart and healthy cholesterol levels. Examples are:
 - White peaches, white nectarines, bananas, plantains, rutabaga, cauliflower, bamboo shoots, jicama, lotus root and tamarind.

**Nectarines are a type of fuzzless peach with a smooth skin.*



Nutrition Facts

Serving Size: 1 medium peach (150g)	
Calories 59	Calories from Fat 3
	% Daily Value
Total Fat 0g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 15g	5%
Dietary Fiber 2g	9%
Sugars 13g	
Protein 1g	
Vitamin A 10%	Calcium 1%
Vitamin C 17%	Iron 2%
Source: www.nutritiondata.com	

Peach Scramble

How many new words can you make from the letters in PEACHES? _____
 (Example: pea, has)

How Much Do I Need?

A serving of peaches or nectarines is one medium fruit. This is about the size of a baseball. Eat a variety of colorful fruits and vegetables throughout the day to reach your total daily needs.

Recommended Daily Amounts of Fruits and Vegetables*

Children, Ages 5-12	Teens, Ages 13-18	Adults, 19+
2½ - 5 cups per day	3½ - 6½ cups per day	3½ - 6½ cups per day

**If you are active, try to eat the higher number of cups for your age.*

To learn more, visit www.mypyramid.gov/kids.

