

MARCH 2020 LUNCH



Botanical name: *Brassica oleracea*

BROCCOLI

Circle all meals on the menu that include broccoli.

- How many meals did you find?
- How many different ways can you think of to eat broccoli?
- How much broccoli do you plan to eat this week?

*Menu subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
2 Cheese Tamales Broccoli Trees Daily Salad Bar Fresh Fruit	3 Chicken Corn Dogs Bean & Cheese Pupusa Fiesta Black Bean Salad Daily Salad Bar Fresh Fruit	4 Pepperoni Pizza Burrito Bites w/Salsa Cherry Tomatoes Daily Salad Bar 100% Fruit Juice Fresh Fruit	5 Hamburger Cheese Ravioli w/Marinara Fiesta Black Bean Salad Daily Salad Bar Fresh Fruit	6 Hot Dog Chili Cheese Burrito Cherry Tomato Daily Salad Bar Fresh Fruit
9 Brunch For Lunch Pancakes & Cheese Omelet Broccoli Trees Daily Salad Bar Fresh Fruit	10 Pepperoni Pizza Ham & Cheese Sandwich Fiesta Black Bean Salad Daily Salad Bar Fresh Fruit	11 Turkey Taco Pizza Crunchers Cherry Tomatoes Daily Salad Bar 100% Fruit Juice Fresh Fruit	12 Chicken & Waffles Vegetarian Chili Stuffed Cheese Bread Fiesta Black Bean Salad Daily Salad Bar	13 Hawaiian Pulled Pork Sand. Chimi-Nada Cherry Tomatoes Daily Salad Bar Fresh Fruit
16 No School Today	17 No School Today	18 No School Today	19 No School Today	20 No School Today
23 Cheese Pizza Grilled Cheese Broccoli Trees Baby Carrots Celery Fresh Fruit	24 Hamburgers Cheese Lasagna w/ Marinara Sauce Fiesta Black Bean Salad Daily Salad Bar Fresh Fruit	25 Chicken Tenders & Potato Tots Fruit & Yogurt Parfait Cherry Tomatoes Daily Salad Bar Fresh Fruit	26 Chile Verde & Rice Cheesy Pull Aparts Fiesta Black Bean Salad Daily Salad Bar Fresh Fruit	27 Turkey Tinga & Chips Chili Cheese Burrito Cherry Tomatoes Daily Salad Bar Fresh Fruit
30 Cheese Tamales Broccoli Trees Daily Salad Bar Fresh Fruit	31 Chicken Corn Dogs Bean & Cheese Pupusa Fiesta Black Bean Salad Daily Salad Bar Fresh Fruit			

All lunches include whole grains, lean proteins, diverse vegetables, salad bar, fresh fruit, and a choice of milk.

This institution is an equal opportunity provider.

EAT YOUR BROCCOLI

Broccoli Brain-Buster

(answers below)

- Broccoli is dark green. This means it is very high in _____ .
A.) water B.) air C.) nutrients D.) green particles
- Broccoli provides _____ .
A.) fiber B.) vitamin A C.) vitamin C D.) all three
- Which state grows the most broccoli in the United States?
A.) California B.) Texas C.) Ohio D.) Florida

Answers: 1. C, 2. D, 3. A

California Food Fun

California produces more than 250 crops and livestock products and is the #1 agricultural state in the country. Unscramble the letters of some of these fruits and vegetables grown in California:

- NRAGOES _____
- AGPRES _____
- IERAWBSTRRRES _____
- EHACPSE _____
- RPEAS _____
- EYRELC _____
- LPMUS _____
- URECOFILALW _____

Answers: 1. oranges, 2. grapes, 3. strawberries, 4. peaches, 5. pears, 6. celery, 7. plums, 8. cauliflower.

Reasons to Eat Broccoli

A ½ cup of cooked broccoli has lots of vitamin C, vitamin K, vitamin A, and folate. Folate is a vitamin that helps make healthy red blood cells in your body. It may also help to protect against heart disease.



Folate Champions*:

Avocados, broccoli, dry beans, fortified whole grain breads and cereals, orange juice, peanuts, and spinach.

*Folate Champions are a good or excellent source of folate (at least 10% Daily Value).

How Much Do I Need?

A ½ cup of broccoli is about the size of one cupped handful. 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 kids should be active for at least 60 minutes every day.

Visit www.mypyramid.gov/kids to find out how many cups of fruits and vegetables you need to eat every day. Write it down on paper and make a plan to reach your daily amount. And don't forget to be active every day!

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.

Nutrition Facts

Serving Size: ½ cup fresh broccoli, chopped (44g)	
Calories 15	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 21mg	1%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 1g	
Vitamin A 5%	Calcium 2%
Vitamin C 65%	Iron 2%



For CalFresh information, call 1-877-847-3663. Funded by USDA SNAP, an equal opportunity provider and employer. Visit www.cachampionsforchange.net for healthy tips. © California Department of Public Health 2010.

