

Monday	Tuesday	Wednesday	Thursday	Friday
25 Honey Bunches of Oats w/1% Milk Clementine Turkey/Cheese Wrap on W.G. tortilla Carrot Chips w/Ranch Apple Wedges & 1% Milk Graham Crackers Banana	26 English Muffin w/ Jelly 1% Milk Applesauce Goulash W.G. Dinner Roll w/butter Roasted Cauliflower Grapes 1% Milk Cheese and Crackers	27 Scrambled Eggs Orange Wedges Ham Mashed Sweet Potatoes Pineapple W.G. Dinner Roll w/butter 1% Milk Strawberries Zucchini Bread	28 French Toast sticks Diced Peaches 1% Milk Chicken Lo Mein W.W. Bread w/butter Cucumbers w/Ranch Fruit Variety 1% Milk Cinnamon/Sugar Roll Up Pear Wedges	29 No School August/September Menu
1 Labor Day School Closed	2 Cinnamon Swirl Toast w/1% Milk Banana Chicken Alfredo W.W. Bread w/butter Steamed Broccoli Applesauce & 1% Milk Goldfish Crackers Mandarin Oranges	3 Breakfast Pizza Apple Wedges & 1% Milk Swedish Meatballs W.G. Dinner Roll w/butter Mashed Potatoes Diced Pears & 1% Milk Veggie Sticks w/Ranch Grapes	4 Pancakes Berries 1% Milk W.W. Quesadillas Sour Cream/Salsa Cooked Beans Pineapple & 1% Milk Boiled Egg & Strawberries	5 Graham Crackers Diced Peaches & 1% Milk Tator Tot Casserole W.G. Dinner Roll w/butter Grape Tomatoes Fruit Variety & 1% Milk Cheese Stick Orange Slices
8 Corn Flakes Banana & 1% Milk Three Cheese Pizza Pepita Seeds Sugar Snap Peas w/Ranch Applesauce & 1% Milk Bagel w/dip Pear Wedges	9 Biscuits Strawberries & 1% Milk W.G. Pulled Pork Sandwich Ketchup/BBQ Sauce Corn on the Cob Mandarin Oranges 1% Milk Rice Cake & Yogurt	10 Breakfast burritos Pineapple & 1% Milk Hot Dog on a W.G. Bun Ketchup/Mustard Sweet Potato Fries Apple Wedges 1% Milk Orange/Strawberry Julius Graham Crackers	11 Waffles Clementine & 1% Milk Meatloaf Mashed Potatoes w/gravy Fruit Variety W.G. Dinner Roll 1% Milk 1% Cottage Cheese Diced Peaches	12 No School
15 Chex cereal w/1% Milk Clementine W.W. Ham/Cheese Sandwich Rainbow Carrots w/Ranch Applesauce 1% Milk W.G. Sweet Potato Bites Mini-Bell Peppers	16 Bagels Mixed Berries 1% Milk Meatball sandwich W.G. bun Celery sticks Kiwi 1% Milk Banana Sushi	17 Egg Bake w/1% Milk Diced Peaches Chicken Strips Ketchup/BBQ Sauce Brown Rice/Quinoa Corn Grapes & 1% Milk Popcorn Strawberries	18 Blueberry Muffin Orange Wedges 1% Milk Spaghetti Squash Lasagna W.G. Breadstick Pear Wedges & 1% Milk Fruit Smoothie Crackers	19 W.G. Biscuits Berries & 1% Milk Bean and Cheese Burrito Salsa/Sour Cream Fruit Variety Rainbow Carrots w/Ranch & 1% Milk W.G. Breadstick Diced Pears
22 Cheerios w/ 1% Milk Banana Tuna Noodle Casserole W.G. Breadstick Peas Diced Peaches 1% Milk Cheese and Crackers	23 W.W. Toast Mandarin Oranges 1% Milk Chicken enchiladas on W.G. tortilla Corn Grapes & 1% Milk Snack Mix & Pear Wedges	24 Quesadillas Diced Pears & 1% Milk Turkey W.W. Bread w/butter Mashed Potatoes w/gravy Pineapple 1% Milk English Muffin w/jelly Watermelon	25 Fruit and Yogurt Parfait 1% Milk Orange Wedges W.G. Sloppy Joes Green Beans w/Ranch Applesauce 1% Milk Cheese Stick Goldfish Crackers	26 Kix Cereal Applesauce & 1% Milk Chicken Nuggets Ketchup/BBQ Sauce Brown Rice/Quinoa Bell Peppers w/Ranch Fruit Variety & 1% Milk Pretzels Apple Wedges

Harvest of the Month Green Beans



www.sdharvestofthemoth.org



Green Beans

Nutrition Facts	
Serving Size 110 g	
Amount Per Serving	
Calories 34	Calories from Fat 1
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 7mg	0%
Total Carbohydrate 8g	3%
Dietary Fiber 4g	15%
Sugars 2g	
Protein 2g	
Vitamin A 15%	Vitamin C 30%
Calcium 4%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
NutritionData.com	

One serving of green beans is one cup (110 grams).

Healthy Benefits of Eating Green Beans

- Green beans, also known as string beans and snap beans, are the unripe fruit of the bean plant.
- Green beans are an excellent source of dietary fiber, vitamin A, vitamin C, vitamin K, folate and manganese.
- Green beans are also a good source of thiamin, riboflavin, niacin, vitamin B6, calcium, iron, magnesium, phosphorus, potassium and copper.
- A one cup serving of green beans has 30% of your daily value for vitamin C, which supports a healthy immune system.
- Green fruits and vegetables help maintain strong bones and teeth.

Produce and Purchasing Tips

- ✓ Choose green beans that are crisp and solid green (without any spots.)
- ✓ Green beans may be stored for up to 7 days in a plastic bag in the refrigerator.
- ✓ Choose straight green beans (not crooked ones) because they are easier to cook and prepare.

Serving Suggestions for Green Beans

- Boiling, steaming and microwaving are probably the most popular, but stir-frying is one of the best ways to maintain nutrients.
- Consider bushing with olive oil and roasting green beans in the oven for a healthy side.
- Use green beans as a recipe substitute to boost fiber and lower fat and carbohydrates.
- Substitute green beans, partially or completely, for potatoes in stews and chili beans in chili.
- Add green beans to the top of your pizza or taco.



Green Bean Recipes



Green Bean Soup

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| 1 cup chopped onion | 1 cup chopped carrots |
| 6 cups vegetable broth | 1 garlic clove, minced |
| 1 pound fresh green beans, cut into 1-inch pieces | 3 cups diced fresh tomatoes |
| 1/4 cup minced fresh basil or 1 tablespoon dried basil | |
| Salt and pepper to taste | 2 tbsp olive oil |

In a large saucepan, saute onion and carrots in olive oil for 5 minutes. Stir in the broth, beans and garlic; bring to a boil. Reduce heat; cover and simmer for 20 minutes or until vegetables are tender. Stir in the tomatoes, basil, salt and pepper. Cover and simmer 5 minutes longer.

Green Bean and Lemon and Garlic

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| 2 pounds green beans, ends trimmed | 1 tablespoon olive oil |
| 2 large garlic cloves, minced | 1 tablespoon lemon zest |

Blanch green beans in a large pot of salted boiling water until bright green in color and tender crisp, roughly 2 minutes. Drain and shock in a bowl of ice water to stop from cooking. Heat a large heavy skillet over medium heat. Add the oil. Add the garlic and saute until fragrant, about 30 seconds. Add the beans and continue to saute until coated and heated through, about 5 minutes. Add lemon zest and season with salt and pepper.

Green Beans & Pasta

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| 1/2 cup Olive oil | 1/2 cup Nuts, pine nuts, dried |
| 1 1/2 cup basil leaves | 3 garlic cloves |
| 6 tbsp parmesan cheese, grated | 1 tsp Salt |
| 1 cup 1/2" pieces Green beans | 8 oz Noodles |

Cook pasta according to package and then add green beans to cooking pasta during the last 5-7 minutes and cook until barely tender. Drain, reserving 1 cup of cooking liquid. Combine olive oil, nuts, basil and garlic to a food processor and pulse to make pesto. Add a couple of tablespoons of cooking water to the pesto to thin a bit. Add the pasta and green beans to the pesto and toss to coat. If necessary, add some of the reserved cooking liquid so that the sauce easily coats the pasta. Top with grated cheese and serve immediately.

Green Bean Salsa

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| 1 cup diced red onion | 1 pound fresh green beans, diced |
| 2/3 cup fresh cilantro (coriander), minced | 2/3 cup Haas avocado, diced |
| juice from 2 lemons | |

After cooking the green beans your favorite way (steaming, blanching, etc), remove the stem and dice them. Add cilantro and lemon juice to the diced beans, avocado, and onion and toss. Chill. Let the salsa marinate in the refrigerator for one hour before serving.