

Monday	Tuesday	Wednesday	Thursday	Friday
1 Chex Cereal Banana 1% Milk Tuna Noodle Casserole W.G. Breadstick Peas Orange Slices 1% Milk Cheese and Crackers	2 W.W. Bagels w/ dip Clementines 1% Milk Chicken enchiladas on W.G. tortilla Corn Grapes & 1% Milk Snack Mix & Pear Wedges	3 Egg bake Berries & 1% Milk Turkey W.W. Bread w/butter Mashed Potatoes w/gravy Pineapple 1% Milk English Muffin w/jelly Apple Wedges	4 Banana Bread 1% Milk Diced Peaches W.G. Sloppy Joes Green Beans Fruit Variety 1% Milk Cheese Stick Goldfish Crackers	5 No School
8 Cheerios Banana 1% Milk Fish Sticks w/ ketchup Brown Rice Clementines Salad Greens w/Ranch 1% Milk Graham Crackers Diced Pears	9 W.W. Muffins Strawberries & 1% Milk Mac and Cheese Pepita Seeds W.G. Dinner Roll w/butter Tator Tots w/Ketchup Grapes & 1% Milk Rice Cakes Kiwi	10 Cheese Quesadillas Mandarin Oranges 1% Milk Chicken Noodle Soup Saltine Crackers W.W. Bread w/butter Cucumbers w/Ranch Pear Wedges & 1% Milk Chex Mix & Diced Peaches	11 Pancakes w/ Syrup Apple Slices & 1% Milk Spaghetti w/meat sauce W.G. Breadstick Roasted Brussel Sprouts Diced Pineapple 1% Milk Banana Veggie Sticks w/Ranch	12 Oatmeal Berries 1% Milk Taco Casserole W.G. Dinner Roll Roasted Cauliflower Fruit Variety & 1% Milk Yogurt Goldfish Crackers
15 Kix Cereal Diced Pears & 1% Milk Cheeseburger on a Bun French Fries w/ketchup Clementines 1% Milk W.W. Toast w/jelly Strawberries	16 English Muffins w/jelly Berries 1% Milk White Chicken Chili Sugar snap peas W.G. dinner roll Grapes & 1% Milk Pretzel sticks Kiwi	17 Scrambled Eggs Grapefruit & 1% Milk W.W. Grilled Cheese Tomato Soup Broccoli with Ranch Diced Peaches 1% Milk Orange/Strawberry Julius Crackers	18 French Toast Sticks 1% Milk Fruit Cocktail W.W. Turkey/Ham Sandwich Baby carrots Apple slices & 1% Milk Buttery Crackers Mandarin Oranges	19 Yogurt Diced Peaches 1% Milk W.G. Chicken Sandwich Ketchup Baked Beans Fruit Variety 1% Milk Soft Pretzels & dip Fruit Cocktail
22 Christmas Break No School	23 No School	24 No School	25 No School Christmas Day	26 No School

Harvest of the Month Blackberries



BLACKBERRY AND RASPBERRY TALKING POINTS

A Berry of History about the Blackberry and Raspberry

- The **American red raspberry** (*Rubus idaeus L.*) and **blackberry** (*Rubus L.*) are **native North American species** that also grow across northern Europe to northwestern Asia.
- The American red raspberry provides food and cover for many wildlife species. **South Dakota grouse, birds, raccoons, coyotes, squirrels, skunks, and chipmunks eat the fruits.**
- The entire raspberry plant was used by American Indians to treat a number of illnesses. **Raspberry roots, leaves and bark were all used to treat different ailments of the digestive and intestinal tracts.** Roots were used to treat diarrhea while raspberry leaf tea was used as a diuretic and to calm nausea and vomiting.
- Even though blackberries have been enjoyed by people for many years, it was not a commercial crop until the 1920s when a thornless blackberry plant was found. This plant made picking the blackberries easy enough that the berries could be sold for profit.

Why should we eat Blackberries and Raspberries?

- Berries are high in proanthocyanins the bioflavonoid pigments that protect our cardiovascular systems from destruction by reactive oxygen species (ROS)(antioxidants).
- Berries are not only delicious; they are the fountain of youth as they prevent heart disease and protect us from inflammation!
- From a botanical standpoint, berries naturally have to be full of antioxidants because otherwise they would not be able to protect themselves from the sun. The leaves of the plant use the sun to create energy, but the delicate berries of the plants would be destroyed by the sun if it weren't for the dark antioxidant pigments that are protective of its harmful rays.

Why should we eat a variety of berries each week?

- Berries such as blueberries, cranberries, strawberries and raspberries are rich in disease-fighting phytochemicals that prevent and even reverse serious diseases like cancer, diabetes, heart disease, stomach ulcers and even help lower cholesterol levels. The key is to be eating these berries in their raw, whole fruit form rather than trying to eat processed berries or drink fruit drinks made from berries. In order to get the healing phytonutrients, you must get the berries in the freshest form possible -- that means no processed berries, just raw berries, right off the bush or straight from the grocery store.

What is so interesting about these berries is why are they such powerful disease fighters. Berries contain a variety of phytochemicals and antioxidants -- many of these are what give the plants their color but they also add a sense of flavor to the berries. These phytonutrients are extremely powerful compounds for supporting optimum human health; in fact they are far more powerful than any pharmaceutical in terms of providing healthy benefits without dangerous side effects.

- **Compared to other fruit sources, berries offer the highest content of antioxidants and phytochemicals for fighting disease.** Berries are also rich in many vitamins and minerals, including **calcium, magnesium and zinc** -- minerals that are frequently deficient in the diets of most Americans

Healthy Serving Ideas

- Add berries to your cereal for added fiber and flavor.
- Mash berries to make your own jam.
- Top pancakes with fresh blueberries or blackberries.
- Stir your favorite berries into low-fat yogurt for a tasty snack.
- Toss raspberries into a spinach salad.
- Keep a bag of mixed berries in the freezer for smoothies.

What can be made from berries?

- Jams and jellies
- Flavored waters and other drinks such as teas and coffees
- Syrups and sauces

How Much Do I Need?

- A½ cup of berries is about one cupped handful.
- A½ cup of most berries (blueberries, strawberries, blackberries, raspberries) is a good source of vitamin C and fiber.
- Berries are rich in phytochemicals, which come from plants and may help you stay healthy.

How do you pick a good Blackberry or Raspberry?

- Choose **fresh raspberries that are bright and evenly colored. Refrigerate for up to three days.**
- Select **fresh blackberries that are dry and shiny, without any green or red colors. Refrigerate for up to three days.**
- **Wash berries just before serving.**

Just the Facts

- The tayberry, loganberry, and boysenberry are hybrids of blackberries and raspberries.
- The boysenberry, a type of trailing blackberry, was cultivated in California by horticulturist Rudolph Boysen. Walter Knott began selling it at his roadside fruit stand in the mid-1930s.
- There are four colors of raspberries: gold, black, purple, and red.
- In 1867 there were 40 varieties of raspberries now more than 200 varieties are known.