

Monday	Tuesday	Wednesday	Thursday	Friday
2 Frosted Mini Wheats Cereal Banana & 1% Milk Lasagna Casserole W.G. Breadstick Corn Orange Slices 1% Milk Goldfish crackers Mandarin Oranges	3 W.G. Bagels Diced Pears 1% Milk Green Eggs and Ham W.W. Toast Diced Potatoes Grapes & 1% Milk Fruit Smoothie Buttery Crackers	4 Breakfast Pizza Kiwi & 1% Milk Chicken Drumsticks W.G. Dinner roll Peas Apple Wedges & 1% Milk Snack Mix Pineapple	5 Pancakes Clementines w/1% Milk Chili w/crackers & cheese W.G. Corn Bread Baby Carrots w/Ranch Fruit Variety 1% Milk Bananas & Strawberries Graham crackers	6 No School
9 Honey Kix Cereal Orange Wedges & 1% Milk Chicken Nuggets Ketchup/BBQ Sauce Brown Rice/Quinoa Bell Peppers w/Ranch Diced Pears & 1% Milk Pretzels Clementine	10 English Muffins Berries & 1% Milk W.W. Ground Beef Tacos Shredded Cheese Diced tomatoes/Greens Salsa/Sour Cream Apple Wedges 1% Milk Banana Bread & Kiwi	11 Breakfast Burritos Strawberries & 1% Milk W.W. Ham/Cheese Sandwich Cucumbers w/Ranch Peaches 1% Milk English Muffin w/jelly Pear Wedges	12 French Toast Sticks Applesauce & 1% Milk Scrambled Eggs W.W. Toast Roasted Potatoes Grapes 1% Milk Banana & Goldfish	13 Rice Krispies Fruit Cocktail 1% Milk W.W. Quesadillas Sour Cream/Salsa Cooked Beans Pineapple & 1% Milk Crackers Apple Wedges
16 Cheerios Clementine & 1% Milk Turkey/Cheese Wrap on W.G. tortilla Carrot Chips w/Ranch Apple Wedges 1% Milk Graham Crackers Banana	17 Cinnamon Swirl Toast Berries & 1% Milk Hamburger Soup w/ cabbage Crackers Grapes W.G. Breadstick Salad 1% Milk Pickle & Goldfish Crackers	18 Egg Bake w/1% Milk Orange Wedges Ham Mashed Sweet Potatoes Pineapple W.G. Dinner Roll w/butter 1% Milk Strawberries Zucchini Bread	19 Yogurt and Granola Diced Peaches & 1% Milk Grilled Chicken sandwich W.G. bun Cucumbers w/Ranch Fruit Variety 1% Milk Cinnamon/Sugar Roll Up Pear Wedges	20 No School
23 Rice Krispies Banana & 1% Milk Chicken Alfredo W.W. Bread w/butter Steamed Broccoli Applesauce & 1% Milk Goldfish Crackers Mandarin Oranges	24 Biscuits w/ honey Diced Pears & 1% Milk Swedish Meatballs W.G. Dinner Roll w/butter Mashed Potatoes Diced Pears & 1% Milk Veggie Sticks w/Ranch Grapes	25 Cheese Quesadillas Berries & 1% Milk W.G. Chicken Sandwich Ketchup Beets Fruit Variety 1% Milk Boiled Egg Strawberries	26 Waffles Diced Peaches & 1% Milk Tator Tot Casserole W.G. Dinner Roll w/butter Grape Tomatoes Kiwi & 1% Milk Cheese Stick Orange Slices	27 Banana Bread Clementines & 1% Milk Bean and Cheese Burrito Salsa/Sour Cream Fruit Variety Rainbow Carrots w/Ranch & 1% Milk W.G. Breadstick Apple Slices
30 Oatmeal Squares Banana & 1% Milk Three Cheese Pizza Pepita Seeds Sugar Snap Peas w/Ranch Applesauce & 1% Milk Bagel w/dip Pear Wedges	31 Bagels Strawberries & 1% Milk W.W. Quesadillas Sour Cream/Salsa Cooked Beans Pineapple & 1% Milk Rice Cake Yogurt	1 Scrambled Eggs Pineapple & 1% Milk Hot Dog on a W.G. Bun Ketchup/Mustard Sweet Potato Fries Apple Wedges 1% Milk Orange/Strawberry Julius Graham Crackers	2 Blueberry Bread Clementine & 1% Milk Meatloaf Mashed Potatoes w/gravy Grapes W.G. Dinner Roll 1% Milk 1% Cottage Cheese Diced Peaches	3 No School

Harvest of the Month - Avacados

Avocado Lesson Plan

Fun Facts About Avocados

- Avocado trees can grow as tall as 80 feet and produce as many as 400 fruits annually.
- The United States provides 6 percent of the world's crop, ranking third behind Mexico and Chile.
- Forty-three percent of American household's purchase avocados.
- Consumers love the rich, creamy texture of the Hass avocado and growers favor it for its disease resistance and year-round growing cycle.
- Mature avocado trees grow to an average of 65 feet tall and, if grown from seed, will produce fruit any time after five to 20 years. It is biennial-bearing and may produce heavy crops one year followed by poor yields in the next.
- Intolerable to freezing temperatures, this evergreen tree can only grow in subtropical and tropical climates.
- The grafted cuttings produce fruit within one to two years; commercial avocado orchards are planted using grafted trees and rootstocks. The species is unable to self-pollinate, and most cultivars today are clonally propagated (without seed reproduction).
- The avocado fruit does not ripen on the tree but will fall off and ripen on the ground. Commercial avocados are picked unripe and shipped to ripen on the store shelf.

Avocado Kid Salad (about 4 servings)

Adapted from: <http://www.superhealthykids.com/healthy-kids-recipes/brainy-breakfast-salad-for-kids.php>

1/2 avocado	1/2 apple
1 TBL raisins	1 TBL Walnuts (optional)
1 teaspoon vanilla	1 tsp. cinnamon
Vegetable peeler	Knife & Cutting Board
Mixing bowl & spoon	Plastic knife
Measuring spoons	Plate & Fork (1 per person)



1. All participants should wash their hands.
 - a. Wet hands with warm water
 - b. Apply hand wash (soap)
 - c. Lather and wash for AT LEAST 15 seconds (the length of the ABC song)
 - d. Rinse both sides of hands with water all the way up to the wrists
 - e. Dry hands and shut off faucet with towel
2. Have an adult peel and chop the apple. If possible, place it in a bowl with a drop of water. Microwave on high for 1 minute. Stir, microwave for 30 seconds longer. Cool apples. (This step is to make them the same texture (soft) as the avocado but is not necessary.)
3. Have the adult cut the avocados in half. Then demonstrate to the children how to hold the plastic knife properly and how to cut the avocado. Have each child cut about one quarter of the avocado into small pieces.
4. Then have the family measure and mix together the vanilla and cinnamon.

Drain any water from your bowl of apples and add the avocado. Pour the seasonings over the avocados and apples. Add raisins and walnuts and stir gently. Serve and enjoy!