

What is California Thursdays™?

California Thursdays is a partnership between the Center for Ecoliteracy and participating school districts to serve healthy, freshly prepared school meals made from California-grown food.

Apples

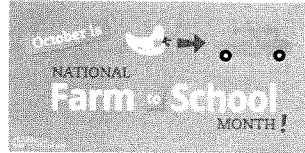
This wonderful fruit not only tastes delicious, but may help in decreasing the chances of getting diabetes, heart, and cancer diseases. These fruits love the colder climates more and grow best in the sun away from the wind. There are many different varieties of apples.

Some are sweet like Fuji Apples and others are tart like the Granny Smith Apples. One small size apple is one serving size or 1/2 cup. Which apple is your favorite apple?



About National School Lunch Week

President John F. Kennedy created National School Lunch Week (NSLW) in 1962. During this annual weeklong celebration, School Nutrition Association (SNA) members and students around the country celebrate in their cafeterias with decorations, special menus, events, and more. This year it is being celebrated during **October 15-19**.



Farm to school enriches the connection communities have with fresh, healthy food and local food producers by changing food purchasing and education practices at schools and early care and education sites.

A minimum 1/2 cup of fruit, vegetable or a combination of both must be taken with every meal.

RIVERSIDE UNIFIED SCHOOL DISTRICT - NUTRITION SERVICES
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Home of the



Farmers' Market Salad Bar

Locally Grown - Nationally Known - Global Reach

Visit our nationally recognized "Farmers' Market Salad Bar" where a variety of fresh fruits and vegetables are offered. Daily selections are not listed on the menu, but special items will be noted on the specific day's menu.
*The Farmers' Market Salad Bar option is not available at Sunshine.

Calendar Menu Notes

Pizza Day is every Wednesday.

The rotating BBQ is scheduled every Friday at a different school.

Farmers' Market Salad Bar Promotions are noted on the calendar date.

Fresh fruit offerings are printed in green.

Vegetable offerings are printed in orange.

California Thursday Recipe:
Cucumber, Jicama, and Apple Salad
Serving Size 1/2 Cup: Serves 5-6

- 10 oz. Jicama Sticks
- 10 oz. Cucumbers
- 1 Medium Size Apple
- 2 Tbsp. Lime Juice
- 1/3 Cup Fresh Cilantro, Chopped
- 1/3 tsp Salt

- 1) Dice jicama sticks and cucumber into bite-sized pieces. Slice apples, tossing the core, and dice into bite-sized pieces.
- 2) Combine all ingredients together in a large bowl and mix well.
- 3) Serve cold.

Ginko & Sarah Nutrition Educators

- RUSD Staff Only -
Contact Ginko for Nutrition Education at
glueder@rusd.k12.ca.us



October 2018 Breakfast in the Classroom

Menu is subject to change due to availability of products, allergies, holidays, and other considerations.
If you have questions regarding the menu, please contact Nutrition Services at (951) 352-6740.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 <i>Mini Maple Bar</i> String Cheese, Apple Slices</p> <p>Bean and Cheese Burrito Carrot and Celery Sticks Diced Honeydew</p>	<p>2 <i>Banana Bread</i> Pear</p> <p>Sloppy Joe Picnic ColeSlaw Grapes</p>	<p>3 <i>Peanut Butter and Jelly Bar</i> Banana</p> <p>Sicilian Pizza Romaine Lettuce - Ranch Dressing Pear Wedges</p>	<p>4 <i>Blueberry Bagel and Cream Cheese</i>, Raisins</p> <p>BBQ Chicken, Pinto Beans Cheesy Cornbread Sliced Bell Peppers Apple Wedges</p>	<p>5 <i>Breakfast Burrito</i> Banana</p> <p>BBQ at FRANKLIN Hamburger Baked Potato Wedges Orange Wedges</p>
<p>8 <i>Pancake Sausage Wrap</i> Pear</p> <p>Chicken Nuggets Super Star Corn Muffin Bunny Carrots - Cauliflower Clouds Apple Wedges</p>	<p>9 <i>Pan Dulce</i> Bunch Grapes</p> <p>Fiesta Nachos, Salsa Cucumber Slices Diced Honeydew</p>	<p>10 <i>Breakfast Honey Bun</i> Fresh Apple</p> <p>Stuffed Crust Pizza Mixed Greens Salad - Tomato Slices Orange Wedges</p>	<p>11 <i>Breakfast Yogurt, Granola</i> Banana</p> <p>Pancakes, Turkey Sausages Spudsters Grapes</p>	<p>12 <i>Egg and Cheese</i> Breakfast Slider, Apple Slices</p> <p>BBQ at FREMONT Rib-a-Que Sandwich BBQ Baked Beans Pear Wedges</p>
<p>15 <i>French Toast</i> Fresh Apple</p> <p>County Fair Corn Dog Cucumber Bean Salad Sliced Honeydew</p>	<p>16 <i>Sweet Cinnamon Turnover</i> Fresh Pear</p> <p>Dutch Waffles, Turkey Sausage Sweet Potato Friters Apple Wedges</p>	<p>17 <i>Mini Maple Bar, String Cheese</i> Banana</p> <p>Bistro Pizza Farmer's Market Salad Sliced Olives and Droughtons Emoji Fruit Cup</p>	<p>18 <i>Peanut Butter and Jelly Bar</i> Apple Slices</p> <p>Venice Beach Pasta Bake California Crown Vegetables California Grown Fruit</p>	<p>19 <i>Mini Pancakes</i> Banana</p> <p>BBQ at HARRISON Build a Better Burger Cheeseburger Carrot and Celery Sticks Pear Wedges</p>
<p>22 <i>Twin Breakfast Bars</i> Apple Slices</p> <p>Chicken Strips, BBQ Dip Breadstick Celery and Carrot Sticks Pear Wedges</p>	<p>23 <i>Pancake Sausage Wrap</i> Raisins</p> <p>Teriyaki BBQ Meatballs Dinner Roll Broccoli Trees - Dip Apple Wedges</p>	<p>24 <i>Apple Pocket</i> Pear</p> <p>Sicilian Pizza Bunny Carrots Diced Honeydew</p>	<p>25 <i>Breakfast Burrito</i> California Grown Fruit</p> <p>Beef Soft Tacos, Salsa California Composed Salad Orange Wedges</p>	<p>26 <i>Breakfast Sausage Pizza</i> Banana</p> <p>BBQ at HAWTHORNE Hot Dog Picnic ColeSlaw Frosty Fruit Cup</p>
<p>29 <i>Breakfast Yogurt, Granola</i> Fresh Pear</p> <p>Bean and Cheese Burrito Cucumber Slices Apple Wedges</p>	<p>30 <i>Egg and Cheese</i> Breakfast Slider, Grape Juice</p> <p>Pulled Pork, Spanish Rice Bunny Carrots Orange Wedges</p>	<p>31 Happy Halloween! Pan Dulce, Banana</p> <p>Stuffed Crust Pizza Mixed Greens Salad Asian Pear Wedges Halloween Pumpkin Cookie</p>	<p><u>Meal Prices</u> Breakfast \$1.25 Lunch \$2.75 Milk Included</p>	<p><u>Breakfast Milk</u> - • 1% and Non-Fat White <u>Lunch Milk</u> - • 1% and Non-Fat White • Non-Fat Flavored</p>