

Stanley G. Falk School Lunch  
Cambridge, Rossler, Roosevelt

# May 2021

**NEW YORK STATE  
HARVEST OF THE  
MONTH ~  
Brussel Sprouts  
& Asparagus**



Brussels sprouts are low in calories but high in many nutrients, especially fiber, vitamin K and vitamin C. Brussels sprouts contain kaempferol, an antioxidant that may reduce cancer growth, decrease inflammation and promote heart health. Brussels sprouts are high in fiber, which can promote regularity, support digestive health and reduce the risk of heart disease and diabetes.



Asparagus, or garden asparagus, folk name sparrow grass, scientific name *Asparagus officinalis*, is a perennial flowering plant species in the genus *Asparagus*. Its young shoots are used as a spring vegetable. Asparagus is loaded with **Nutrients**. Asparagus is a very good source of **fiber, folate, vitamins A, C, E and K**, as well as chromium, a trace mineral that enhances the ability of insulin to transport glucose from the bloodstream into cells. That's good news if you're watching your **blood sugar**.

**Meal Pattern  
Requirements K-8  
(Weekly Minimums)**  
**Grains Range = 8-9 G  
EQ**

100% of all grains must be whole grain rich  
**M/MA Range = 8-10 oz.**  
**Vegetable = 3 3/4 cups**  
In appropriate subgroups  
**Fruit = 2 1/2 cups**  
**Milk = 5 cups**



Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> Grilled Chicken on a Bun ----- Brussel Sprouts Carrots	<b>4</b> BBQ Chicken Dinner Pasta Salad ----- Asparagus Baked Beans	<b>5</b> Goulash Garlic roll ----- Romaine Salad Carrots	<b>6</b> Buffalo Wing Pizza ----- Carrot & Celery Sticks Broccoli Salad	<b>7</b> Grilled Cheese Sandwich ----- Broccoli Cauliflower
<b>10</b> Sweet & Sour Chicken Seasoned Rice ----- Broccoli Carrots	<b>11</b> Turkey & Gravy Seasoned Noodles ----- Brussel Sprouts Mashed Potatoes	<b>12</b> Cheeseburger on a Bun ----- Carrots Green Beans	<b>13</b> Macaroni & Cheese Dinner Roll ----- Broccoli Cauliflower	<b>14</b> Hot Dog on a Bun ----- Baked Beans French Fries
<b>17</b> Sloppy Joe on a Bun ----- Tater Tots Asparagus	<b>18</b> Chicken & Cheese Quesadilla ----- Broccoli Romaine Salad	<b>19</b> Cheeseburger Pizza ----- Carrots Zucchini Coins	<b>20</b> Turkey Salad on Croissant ----- 3 Bean Salad Cucumber & Tomato Salad	<b>21</b> Taco in a Bag Seasoned Rice ----- Romaine Salad Black Bean & Corn Salsa
<b>24</b> Breaded Pork Chop Seasoned Noodles ----- Brussel Sprouts Carrots	<b>25</b> Assorted Sub Sandwich ----- Red & Green Peppers Broccoli Salad	<b>26</b> Beef & Cheese Burrito ----- Asparagus Black Bean & Corn Salsa	<b>27</b> <b>No School</b>	<b>28</b> <b>No School</b>
<b>31</b> <b>No School</b>			<b><u>Offered Daily:</u></b>  <b>Fresh or prepared Fruits</b> <b>Non-fat or Low-fat white milk or</b> <b>Non-fat chocolate milk</b>	

## #FalkForward Recipe Card # 9: Roasted Asparagus

**Ingredients:** 2lbs fresh asparagus, Drizzle of olive oil, Kosher salt for sprinkling, fresh Ground black pepper

**Directions:** Preheat oven to 400 degrees, break off tough ends of the asparagus and place on the baking sheet. Drizzle with olive oil toss and coat. Spread the asparagus pout on a sheet on a single layer and sprinkle liberally with salt and pepper. Roast the asparagus 25 minutes until tender but crisp.

**Delicious!!**

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