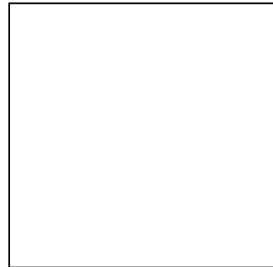


Marysville Dinner and Snack Menu

MAY 2019



1

Dinner
Beef & Beef Burrito, Rice, Pears, Milk

Snack
Carrot Sticks, Craisins, Ranch Dressing, Milk

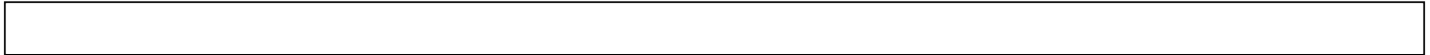
2

Dinner
Oven Roasted Chicken Leg, Seasoned Fries, Fruit, Milk

Snack
Cheddar Crackers, Fruit Juice

3

Snack is at 3:45 pm
Dinner is at 4:15 pm



6

Dinner
Ham Sandwich, Fresh Broccoli, Apple, Milk

Snack
Animal Crackers, Craisins, Milk

7

Dinner
Fresh Baked Calzones, Peas, Fruit, Milk

Snack
Apple Sauce Cup, String Cheese

8

Dinner
Cheese Burger, Leafy Green Salad, Fruit, Milk

Snack
Broccoli Bites, Ranch Dressing, Milk

9

Dinner
Baja Fish Nuggets, Baby Baker Potatoes, Fruit, Milk

Snack
Apple Fruit Pocket, Milk

10

A complete Lunch must include 3 items, 1 must be half cup fruit and or veggie

13

Dinner
BBQ Oven Roasted Chicken, Veggies, Fruit, Milk

Snack
Cinnamon Gold Fish, Milk

14

Dinner
Tuna Salad Sub, Veggie, Fruit, Milk

Snack
String Cheese, Fruit Juice

15

Dinner
Pasta & Meatballs, Pears, Milk

Snack
Carrot Sticks, Craisins, Ranch Dressing, Milk

16

Dinner
Cheesy Bean & Cheese Burrito, Re-fried Beans, Fruit, Milk

Snack
Cheddar Crackers, Fruit Juice



Each meal includes a fresh variety of fruits and vegetables, fat free chocolate, or 1% white milk

20

Dinner
Beef Teriyaki Dippers, Roasted Potatoes, Veggies, Fruit, Milk

Snack
Cinnamon Gold Fish, Milk

21

Dinner
Grilled Chicken Sandwich, WG Roll, Veggies, Fruit, Milk

Snack
Fruit Cup, String Cheese

22

Dinner
Turkey & Cheese Sandwich, Plain Chips, Fruit, Milk

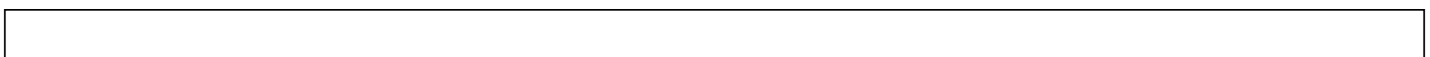
Snack
Cocoa Puff Pastry, Milk

23

Dinner
Chicken Alfredo, Roll, Veggies, Fruit, Milk

Snack
Celery Sticks, Sun butter, Juice

24



27

28

Dinner
Cheese Ravioli w/ Pasta Sauce, Veggies, Fruit, Milk

Snack
Apple Sauce Cup, String Cheese

29

Dinner
Chicken Fajitas, Rice, Pears, Milk

Snack
Carrot Sticks, Craisins, Ranch Dressing, Milk

30

Dinner
Chefs Choice, Fruit, Milk

Snack
Cheddar Crackers, Fruit Juice

31

A complete Breakfast requires 3 items and 1 must be a fruit and or vegetable.

This institution is an equal opportunity provider.

Celebrate Food Fitness and Fun!

Traditionally, when people try to “get healthier” they simply go on a “diet”. This typically lead to feelings of deprivation and for children, diets can impede healthier growth and development. Restrictive eating without exercise can lead to muscle loss, which only reduces the number of calories you need to sustain your weight and makes you weaker.

Daily, healthy living should be a fun and enjoyable experience. It requires a balance of healthy eating coupled with daily activity. It's not about a restrictive diet and painful exercise. It means learning to fill your plate with a variety of protein-rich foods, fruits and vegetables and moderate portions of grains that are all filled with flavor.

It means finding one or more activities you enjoy and accumulating at least 60 minutes of movement in your daily life. If you don't like to run, don't run. If you like to dance, then dance! To keep exercise fun, create a schedule and rotate activities throughout the days of the week.

For example, maybe you walk on Monday, Wednesday and Friday, dance on Tuesday, ride a stationary bike on Thursday and Saturday and leave Sunday open for whatever you choose to do that day. Achieving fitness does require creating a plan, but it should be a plan that you and your family find enjoyable. When things are fun you tend to return to them day after day.

Healthier Versions of Traditional Cinco de Mayo Foods

Cinco de Mayo, or the fifth of May, marks the celebration of the Mexican victory over French forces at the Battle of Puebla on May 5, 1862. This day is frequently celebrated with many delicious traditional foods like tacos, enchiladas, tamales, fajitas and guacamole. These traditional favorites are filled with flavor, but sometimes also contain significant amounts of calories or fat. Fortunately, healthier versions of Cinco de Mayo recipes are easily achievable and they taste great too. At its core, Mexican cuisine is very healthy so begin by sticking to the basic ingredients and try to avoid thick, layered dips and extra cheese. Here are a few additional tips for a healthier Cinco de Mayo:

1. If you are going to enjoy the calorie laden items, reduce your portion sizes.
2. Good news – load up on salsa because it counts as a vegetable. You can also make salsa with fruit.
3. While guacamole is considered to be high in fat, fortunately the type of fat in avocados is healthier than the saturated fats found in some meats and cheese.
4. Consider making your own corn tortilla chips to enjoy with guacamole and salsa.
5. Lighten up tacos and other dishes that require beef by choosing the leanest beef, substituting with 100% turkey or chicken breast meat and/or reducing the volume of meat and adding in some beans instead.
6. Consider reducing the volume of cheese in recipes and/or using a lower-fat version.

A few simple steps can go a long way to enhancing the healthfulness of your celebration. Enjoy!

Fresh Pick Recipe

CORN AND AVOCADO SALSA

- 1/2 cup sweet onion
- 1 jalapeño pepper, minced
- 1 yellow bell pepper, medium dice
- 1 green bell pepper, medium dice
- 1/2 cucumber, medium dice
- 2 cups corn
- 2/3 avocados, large dice
- 1/2 cup orange juice
- 2 tablespoons lime juice
- 2 tablespoons extra virgin olive oil
- salt and pepper to taste
- baked corn chips

1. Prepare all ingredients as directed.
2. Mix the orange and lime juices with the olive oil in small bowl.
3. Place remaining ingredients in medium bowl and mix with the dressing.
4. Serve with baked chips.

Our foodservice facility prepares and serves some products which may contain ingredients identified as food allergens. For more information on food allergies, go to <http://www.foodallergy.org/>.