| MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY NOTES | | | | | |
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| **2 National Coloring Book Day**  **See the source image**  **Cherry Frudel**  **~**  **Pulled Pork on a Bun, BBQ Sauce Cup, Ranch Style Beans, Baby Carrots, Ranch Dressing PC, Fruit** | **3** **National Watermelon Day**  **See the source image**  **Egg, Sausage & Cheese Burrito**  **~**  **Frito Pie, Cucumber Slices, Ranch Dressing PC, Cauliflower Florets,**  **Strawberry Yogurt Parfait** | **4** **National Chocolate Chip Cookie Day**  **C:\Users\janie.quinones\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\8CFDC529.tmp**  **Blueberry Bash Mini Waffles**  **~**  **Fish Sticks w/Tartar Sauce, Sweet Potato Waffle Fries, Ketchup PC,**  **Green Beans, Fruit** | **5** **Work Like a Dog Day**  **Image result for work like a dog day cartoon**  **Croissant w/Egg Patty**  **~**  **Nachos w/Ground Beef, Pinto Beans, Yellow Corn, Fruit** | **6** **Cycle to Work Day**  **Image result for cycle to work day cartoon**  **Apple Zings Cereal**  **Blueberry Yogurt**  **~**  **Pepperoni Pizza  Fresh Garden Salad, Ranch Dressing PC, Celery Sticks,  Peanut Butter PC, Fruit** | **Served Monday-Friday for Breakfast-Fruit Juice, Fruit & Milk**  **Served Monday-Friday for Lunch-Milk, See Menu for Fruit Component**  Contains Pork  Meatless Menu  ***7-12 grades will have an additional entrée choice or the daily choice below.***  ***Monday & Thursday-Salad***  ***Tuesday & Friday –Wildcat Bento Box***  ***Wednesday-Hip to Be Square Meal***  ***\*They may only have one entrée/meal or the daily choice.***  ***\*\*Additional sides may also be available.***  ***Did you know?***  ***August 1st is National Friendship Day!***  ***Friendships are the purest type of human relationships. For more than a century, we’ve celebrated the strength of friendship, and thanks to social media, we’re able to continue celebrating with our friends no matter where they are in the world.***  ***See the source image***  ***Did you know that Did you know that watermelon is 92% water? No wonder it’s so refreshing! People have been digging into this tasty, juicy fruit for millennia and it all started in Ancient Egypt. It’s said that watermelon cultivation began in the Nile Valley as early as the second millennium B.C. Watermelon seeds were even found in King Tut’s tomb!*** ***On August 3, we celebrate this ancient berry in a feast of juicy deliciousness—otherwise known as National Watermelon Day.*** |
| **9** **National Book Lovers Day**  **Image result for books** | **10** **National S’mores Day**  **Image result for smores cartoon** | **11** **National Son and Daughter Day**  **See the source image** | **12** **Back to School Day**  **Image result for back to school clip art free**  **Pigglestick**  **~**  **Albondigas Soup, Lemon PC,**  **Cucumber Slices, Baby Carrots,**  **Ranch Dressing PC, Dinner Roll,**  **Fruit** | **13** **International Lefthanders Day**  **See the source image**  **Lucky Charms Cereal**  **Go-Gurt**  **~**  **Red Cheese Enchiladas, Pinto Beans, Fresh Garden Salad,**  **Ranch Dressing PC, Peach Yogurt Parfait** |
| **16** **National Tell A Joke Day**  **See the source image**  **Zucchini Bread**  **~**  **Chicken Nuggets w/BBQ Sauce Cup, Mashed Potatoes, Brown Gravy, Green Beans, Fruit** | **17** **National Black Cat Appreciation Day**  **Image result for black cat cartoon images**  **Breakfast Turkey Sausage Pizza**  **~**  **Beef Stew, Corn Bread,**  **Broccoli Florets, Ranch Dressing PC, Fruit** | **18** **National Fajita Day**  **Image result for fajitat cartoon images**  **Strawberry Cream Cheese Mini Bagels**  **~**  **Red Chili w/Pork, Flour Tortilla, Pinto Beans, Raw Veggie Mix, Ranch Dressing PC, Fruit** | **18** **World Humanitarian Day**    **Mini Maple Pancake**  **~**  **Pizza Burger on a Roll, Fresh Garden Salad, Ranch Dressing PC,**  **Pork n' Beans, Fruit** | **20** **National Lemonade Day**  **Image result for lemonade cartoon picture**  **Golden Grahams Cereal**  **Raspberry Yogurt**  **~**  **Chef’s Choice**  **Fruit** |
| **23** **National Heroes' Day**  **Image result for national heroes' day**  **Blueberry Muffin**  **~**  **Hot Dog on a Bun, Potato Smiles, Ketchup PC, Mustard PC, Ranch Style Beans, Fruit** | **24** **National Waffle Day**  Image result for cartoon waffles  **Croissant w/Turkey Sausage Patty**  **~**  **Chicken Alfredo w/Twist, Biscuit,**  **Green Peas, Cucumber Slices,**  **Ranch Dressing PC, Fruit** | **25 National Banana Split Day**  **Image result for cartoon banana split**  **Mini Cinni Roll**  **~**  **Lasagna w/Ground Beef, Fresh Garden Salad, Ranch Dressing PC,**  **Italian Blend Vegetables, Garlic Bread Slice, Fruit** | **26** **National Dog Day**  **C:\Users\janie.quinones\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\E6EDDA8A.tmp**  **Egg & Cheese Calzone**  **~**  **Chicken Patty on a Bun, Shredded Lettuce, Mayonnaise PC, Sweet Potato Waffle Fries, Ketchup PC,**  **Corn on the Cob, Fruit** | **27** **National Just Because Day**  **See the source image**  **Fruit Loops Cereal**  **Go-Gurt**  **~**  **Spaghetti w/Meatballs, Cucumber Slices, Ranch Dressing PC, Steamed Broccoli w/Cheese Sauce, Fruit** |
| **30** **Frankenstein Day**  **Image result for frakenstein  cartoon**  **Blueberry Bread Slice**  **~**  **Pepperoni Pizza, Fresh Garden Salad, Cauliflower Florets,**  **Ranch Dressing PC, Fruit** | **31** **National Trail Mix Day**  **Image result for trailmix cartoon**  **Apple Cinnamon Muffin**  **~**  **Homemade Chicken, Potato, Green Chili, Cheese Burrito, Yellow Corn,**  **Celery Sticks, Ranch Dressing PC,**  **Hot Sauce PC, Fruit** | **Sep 1 American Chess Day**  **Image result for chess cartoon**  **Apple Frudel**  **~**  **Pork Stir Fry, Steamed Rice,**  **Cucumber Slices, Ranch Dressing PC, Fortune Cookie,**  **Fruit** | **Sep 2** **World Coconut Day**  **Image result for coconutcartoon**  **Chef's Choice**  **~**  **Chicken Tenders, Mashed Potatoes, White Gravy,**  **California Blend Vegetables,**  **Dinner Roll, Fruit** | **Sep 3** **National Skyscraper Day**  **Image result for skyscraper cartoon**  **Cinnamon Toast Cereal**  **Strawberry Banana Crunch Yogurt**  **~**  **Green Chili Cheese & Beef Enchiladas, Fresh Garden Salad,**  **Pinto Beans, Spanish Rice,**  **Ranch Dressing PC, Fruit** |

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| **Fresh Fruit & Vegetable Program-Elementary School Locations Only** | | | |
| **Week of August 2nd** | **Donut Peach White Organic  are medium-sized fruits, measuring 7 to 9 centimeters in diameter, and have a round, flat shape with a dimpled center at each end. Their thin skins are yellow or orange and flushed with hues of ivory, rose, and rouge covered with a velvety finish. They have white flesh that is soft and juicy, surrounding a non-clinging, easy to remove, pit. Donut Peaches are low in acid with a candy-like sweetness and notes of almond. Donut Peaches are botanically classified as Prunus persica var. platycarpa. The name 'Donut' was given to the flat peach, thanks to its appearance, by Frieda’s Specialty produce in 1986. The fruit is popular for its unique flattened shape and juicy, sweet flavor. Donut peaches are one of the most recognized flat peach varieties and are sold as a specialty fruit and primarily used for fresh eating. Other flat peach varieties exist under trademarked names like Galaxy or Saturn. Donut peaches are a good source of vitamin C and fiber and are a source of vitamin A and beta-carotene. They also contain potassium, fluoride and iron. Donut peaches are high in the antioxidants lutein, zeaxanthin and beta-cryptoxanthin.**  [**https://www.specialtyproduce.com/produce/donut\_peaches\_20293.php**](https://www.specialtyproduce.com/produce/donut_peaches_20293.php) | **Honeydew Melon is round to oval and somewhat larger than the typical cantaloupe, ranging from 4 to 8 pounds. It has a smooth firm outer rind that turns from green to whitish yellow as it matures, transforming from very hard and smooth to almost velvety with a slight stickiness. The crisp yet juicy flesh is medium to pale green with the deepest shade occurring just below the skin. If the blossom end yields to gentle pressure, the melon is ready to eat. Once a Honeydew melon is picked, it may soften but can no longer get any sweeter. Vine-ripened melons picked at their peak maturity will have the best flavor and highest sugar content. The Honeydew melon is the American name for the White Antibes cultivar that was primarily cultivated in southern France and Algeria as early as the late fifteenth century. In 1911 in New York a White Antibes melon was served in a dish at a restaurant and a guest that evening found the melon to be to exceptional that he saved a seed and sent it to the plant breeder John E. Gauger in Colorado to grow. In 1915 the USDA identified the melon as White Antibes and the melon was renamed Honeydew. Like many varieties of melon the Honeydew plants thrive in a hot dry climate.**  **Honeydew melons are a good source of vitamins C and B6 as well as potassium and fiber.**  [**https://www.specialtyproduce.com/produce/honeydew\_melon\_1705.php**](https://www.specialtyproduce.com/produce/honeydew_melon_1705.php) | |
| **Week of August 16th** | **Asian Pear Singo**  **are sweet and juicy. They are not like other pears, they taste like apple and pear together. Korean pears are slightly more rounded and apple-shaped than regular pears. These characteristics make them special. Famous for their crunchy texture, the creamy white flesh of the pear is exceptionally juicy with a sweet low acid flavor and fragrant aroma. Unlike regular pears, Shingo pears are sold ripe and maintain their crisp texture long after being picked. Each pear is quite large, about 14 to 16 ounces each! The pears are native to Japan and China where they have been grown for over 3000 years. The first documented appearance of pear in the United States was recorded in 1820 when a Chinese sand pear was imported to Flushing, New York. In the mid-1800’s Singo pears made their way to the west coast by way of Chinese and Japanese Immigrants relocating to California after the Gold Rush. Today pears are grown not only throughout Asia but in Italy, Spain, Australia, France, Chile and New Zealand as well. Anyway, you eat it, you will fall in love with the Shingo Pears as the sweetness will melt in your mouths and your hearts.Best to eat as it is of course! Have a crunchy bite into the succulent fruit and let the sweetness linger in our mouth long after you have eaten it.**  **Healthy goodness Asian Pear Singo contain, Potassium, Dietary Fiber, Vitamin K and Copper and Vitamin C.**  [**https://mbg.com.my/blogs/news/singo-pear-the-golden-pear**](https://mbg.com.my/blogs/news/singo-pear-the-golden-pear) | **English Cucumber You may think a cucumber is just a cucumber, right? But, in reality, there are actually close to 100 varieties of cucumbers grown in the world, most of which the average consumer does not find. Cucumbers are actually members of the gourd family and grow on creeping vines. Originally native to South Asia, they're now cultivated in most parts of the world. The most commonly found varieties at most markets are the English cucumbers, pickling cucumbers and the regular slicer cucumber we use most often in our dishes. English cucumbers, sometimes called seedless or hothouse cucumbers, are often longer and wrapped in plastic. While these varieties are similar in appearance, there are differences which make them unique in the way they are prepared and consumed. The cucumber (Cucumis sativus L) is a member of the Cucurbitaceae family, and belongs to the same family as squash and melons. It grows on a climbing plant that is 3 to 10 feet long; the plant’s tendrils allow it to cling to other plants or objects. The fruit emerges after the plant’s large yellow flowers have blossomed. Characterized by a straight, plump shape with slightly tapered ends and smooth skin with an even dark green color, English cucumbers are long and cylindrical in shape.**  **\*These are longer and more narrow than Slicer cucumbers.**  **\*Most of the time they are not waxed and, instead, wrapped in plastic.**  **\*Their seeds are much smaller and easier to eat so they do not require de-seeding.**  **\*The taste is less bitter than slicers, milder and almost sweet.**  **\*The skin is thinner and edible.**  **\*They're sometimes labeled for sale as “seedless” or “burpless”**  [**https://www.thespruceeats.com/english-versus-regular-cucumbers-2355806**](https://www.thespruceeats.com/english-versus-regular-cucumbers-2355806)  [**https://www.freshpoint.com/archive/cucumbers-english/**](https://www.freshpoint.com/archive/cucumbers-english/) | |
| **Week of August 23rd** | **Clementine are small to medium fruits, averaging 5 to 10 centimeters in diameter, and vary in shape from round, sometimes slightly flattened, to oblate. The skin is thin, bright orange to orange-red, and semi-smooth, ranging from glossy, leathery, to faintly textured due to prominent oil glands. The skin is also easily peeled from the flesh, emitting an aromatic and bright, floral scent when torn, revealing a thin layer of white pith. The pith does not cling to the flesh, and the orange flesh is divided into 7 to 14 segments by thin membranes. The flesh is semi-aqueous, tender, and soft, either being found seedless or containing a few cream-colored seeds. Clementines have balanced sugar and acidity levels, creating a noticeably sweet, subtly tangy flavor with fruity and floral nuances. In the United States, Clementines are often marketed under memorable commercial names to attract consumers. Mandarin oranges, including Clementines, have become one of the fastest-growing sectors of the citrus market, and consumers favor the fruits for their easy-to-peel skin, small size, sweet flavor, and relatively seedless nature. Throughout the year, bundles of Clementines are wrapped in colorful marketing and are sold under names such as Cuties, Wonderful® Halos®, Darling Clementines®, and Sunkist Delites®. These general names were created to appeal to a broader range of consumers and were also a targeted marketing tool to promote the fruits as nutritious snacks. Clementines have a murky history as experts heavily debate the variety’s origins. The most well-known theory retells the legend of a monk cultivating citrus at an orphanage in Misserghin, a small village near Oran, Algeria, in Northern Africa. Father Clement Rodier tended the garden at Péres du Saint-Esprit and one day discovered an accidental cross between a sweet orange and a willowleaf mandarin. Rodier presented the variety to the Horticultural Society of Algiers, and the variety was officially named Clementine, in honor of the monk, in 1902. Many modern-day scientists now refute this theory and point the variety back to East Asia, where mandarins were originally discovered. Many experts believe the cultivar is closely related, if not identical, to the canton mandarin. Regardless of their origins, Clementines were planted throughout the Mediterranean and were introduced to Florida in 1909. The variety was brought to the Citrus Research Center in Riverside, California, by H.S. Fawcett, and in 1914, the fruits were released to commercial growers. Today Clementines are grown worldwide and are commercially produced in California, Texas, North Africa, China, Spain, Uruguay, Peru, and Chile. The small fruits are widely available through local growers, farmer’s markets, supermarkets, and specialty grocers. Clementines are an excellent source of vitamin C to strengthen the immune system and provide beta-carotene, the colored pigment within the flesh that is converted into vitamin A in the body. The fruits are also are a source of fiber to regulate the digestive tract, antioxidants to reduce inflammation, potassium to balance fluid levels, and folate to produce red blood cells for oxygen transport.**  [**https://www.specialtyproduce.com/produce/clementine\_tangerines\_4669.php**](https://www.specialtyproduce.com/produce/clementine_tangerines_4669.php) | **Orange Watermelon has a light green rind with darker green stripes running the length of the melon. Its bright orange-colored flesh has a crisp, juicy texture and a flavor which can vary from mildly sweet to super sweet depending upon variety. Like red-fleshed watermelons the orange-fleshed varieties can be seedless or contain a combination of white, brown and/or black seeds. The flesh of seedless varieties may be prone to a condition called hollow heart, in which the flesh naturally cracks and separates within the melon. Orange watermelons are round to oblong in shape and depending on variety can vary between 10 and 30 pounds in weight. Choosing a great watermelon can be difficult, look for those that are heavy for their size with a symmetrical shape The History of the watermelon dates back thousands of years to ancient Africa where it grew wild, thriving in the tropical and subtropical regions. The iconic sweet, red and juicy fruit we think of today, is merely the tip of the iceberg. The first watermelons were most likely colorless and far less sweet than their contemporaries we enjoy today. Early texts written by European botanists have been uncovered depicting images and descriptions of watermelons of various shapes and sizes as well as varying flesh colors of red, white, yellow and orange.** **Orange-fleshed melons are high in vitamin A and C, beta-carotene, carbohydrates, fiber and protein. Comprised of ninety-two percent water, they also make an ideal healthy treat in hot weather, replenishing lost body fluids and potassium.**  [**https://www.specialtyproduce.com/produce/orange\_watermelon\_1675.php**](https://www.specialtyproduce.com/produce/orange_watermelon_1675.php)    **MELON MINT SALAD-**  **Author-Katie Webster**  **DESCRIPTION**  **The 4-ingredient Mint and Melon Salad recipe I have for you today is utterly delicious in its simplicity. It takes just 10 minutes and is naturally gluten-free and dairy-free**  **INGREDIENTS**  **1 tablespoon honey**  **1 tablespoon lemon juice**  **6 cups melon cubes**  **¼ cup chopped fresh mint**  **INSTRUCTIONS**  **Stir honey and lemon juice together in a large bowl.**  **Add melon and mint and stir to coat.**  [**https://www.healthyseasonalrecipes.com/melon-mint-salad/print/17790/**](https://www.healthyseasonalrecipes.com/melon-mint-salad/print/17790/) | |
| **Week of August 30th** | **Yellow BananaThe only globally mass-produced yellow banana variety today – the one that you likely picture when you hear the word “banana” – is called the Cavendish. Cavendish bananas have a thick signature-yellow peel when ripe, encasing their soft, cream-colored, semi-starchy flesh. Their flavor can vary, having hints of lemon custard to crème brûlée, as they become sweeter as they ripen. Hence, some people wait to eat them until after their yellow peel becomes flecked with brown. The banana plant itself isn’t a tree, but rather the largest herb in the world. Bananas grow in hanging clusters, called bunches, from these tall plants that can reach over 20 feet tall.**  **The banana is in the Musaceae, or banana family of plants, and is botanically classified as a berry. Today, the banana is considered the fourth most valuable food crop on the planet behind wheat, rice, and milk, and is often hailed as the perfect food because it is one of the world's most accessible, nutritious, convenient, affordable crops grown year-round. There were once thousands of banana varieties—pink ones, fuzzy ones, even berry-flavored ones—and although there still is some diversity in parts of the world, the Cavendish variety has been dominating the market since the 1970s. Cavendish bananas need a little human help in order to propagate, as those tiny little black specs you see inside are technically the remnants of what would be their seeds, however they are not fertile. So, cultivation is done essentially through cloning, as the only way to reproduce them is to transplant part of the plant’s stem. This explains why a Cavendish banana in Rome will look and taste exactly the same as the banana you bought in San Diego; they are genetically identical in shape, size, and flavor. Bananas are well known for their potassium content, but they also offer a healthy boost of vitamin B, vitamin C, fiber, and magnesium. They contain three natural sources of sugar – sucrose, fructose, and glucose – and are denser in calories than most other fruits, making them an extremely efficient and sustainable source of energy.**  [**https://www.specialtyproduce.com/produce/yellow\_bananas\_919.php**](https://www.specialtyproduce.com/produce/yellow_bananas_919.php) | **Rainbow Carrot  are a mix of colorful carrot varieties grown locally at Colorful Harvest, Inc. in California. These carrots are perfect to steam, microwave, braise, boil, roast or bake. Add color and natural sweetness to your dish and plate with rainbow carrots. Steam, microwave, braise, boil, roast or bake. Versatile Rainbow carrots love to show up on fresh veggie trays and appetizer platters. Dips and dressings enhance flavor. Ideal side dish for grilled, roasted or sautéed meat entrées. Kids especially love them! To store, refrigerate in a plastic bag. Rainbow carrots are grown locally at Colorful Harvest, Inc. in California. Adamant about food safety and quality, only traditional and natural plant breeding methods are used to develop Colorful Harvest’s premium edibles. Specialty Produce adamantly endorses and strongly supports our local growers, farmers, ranchers and the valuable California farming industry. Although, carrots were originally purple, other colors such as red, white and yellow also appeared in Asia thousands of years ago. About 200 years ago, the first orange carrots were cultivated in the Netherlands and the Royal House of Oranje is credited for the carrot's popularity. Loaded with vitamin A and beta carotene, these brightly-colored beauties support healthy vision and a balanced diet.**  [**https://www.specialtyproduce.com/produce/Jumbo\_Rainbow\_Carrots\_4075.php**](https://www.specialtyproduce.com/produce/Jumbo_Rainbow_Carrots_4075.php)  [**https://calorganicfarms.com/products/rainbow-whole-carrots/**](https://calorganicfarms.com/products/rainbow-whole-carrots/)    **OASIS CAROT SALAD ADAPTED FROM GOURMET MAGAZINE**  **INGREDIENTS**  **1 pound carrots - sliced crosswise ¼ inch thick**  **2 tablespoons chopped onion, rinsed and drained**  **1 garlic clove - chopped**  **2 tablespoons extra-virgin olive oil**  **2 tablespoons distilled white vinegar**  **2 tablespoons chopped cilantro**  **2 tablespoons chopped flat-leaf parsley**  **DIRECTIONS**  **Cook carrots in a medium saucepan of boiling water until tender, about 8 minutes. Drain, then rinse under cold water until cool. Drain well.**  **Meanwhile, pulse onion and garlic with oil, vinegar, ½ teaspoon salt, and ¼ teaspoon pepper in a food processor until very finely chopped. Toss with carrots and chill at least 3 hours.**  **Just before serving, toss salad with cilantro, parsley, and salt to taste.**  **NOTE: Salad can be chilled up to 24 hours. Add herbs just before serving.**  [**http://justeatfood.com/n-631-oasis-carrot-salad.html**](http://justeatfood.com/n-631-oasis-carrot-salad.html) | |
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