



CCSA Meal Service Menu

All juices are 100% juice. Can fruits are juice packed.

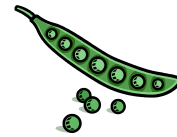
Monday	Tuesday	Wednesday	Thursday	Friday
<p>Crispix, diced peaches</p> <p>Cheese pizza, spinach salad (cooked), fresh pineapple, milk</p> <p>Graham crackers, applesauce</p>	<p>English muffins w/ honey, apples (kiwis), milk</p> <p>Tuna pasta salad, brussel sprouts, potato wedges, milk</p> <p>Whole grain snack bread, plum halves</p>	<p>French toast (crispy rice), Mandarin oranges, milk</p> <p>Baked chicken breast, lima beans, beets, wheat roll, milk</p> <p>Yogurt, bananas</p>	<p>Orange bread, melon wedges, milk</p> <p>Grilled cheese on ww bread, navy bean soup, diced pears, milk</p> <p>Whole wheat oatmeal cookies, pineapple juice</p>	<p>Kix cereal, apples (oranges)</p> <p>Beef stroganoff, egg noodles, peas, applesauce, milk</p> <p>String cheese, animal crackers</p>
<p>Toasted oat cereal, pineapple tidbits, milk</p> <p>Baked salmon, brown rice, green beans, black bean & corn salad, milk</p> <p>Goldfish crackers, oranges</p>	<p>Bagels (muffins), diced peaches, milk</p> <p>Beef & barley soup, ww French bread, peas, applesauce, milk</p> <p>Homemade Doo Dads, melon wedges</p>	<p>Cinnamon toast (kix cereal), pears, milk,</p> <p>Egg salad, crackers, creamed corn, carrots, milk</p> <p>Banana apple loaf, cranberry juice</p>	<p>Bran flakes, bananas, milk</p> <p>Cheese quiche w turkey bacon, spinach, diced peaches, milk</p> <p>Graham crackers with yogurt</p>	<p>Pumpkin bread, apricot halves, milk</p> <p>Oven-fried chicken leg, slaw (cabbage), mashed sweet potatoes, ww breadstick, milk</p> <p>Tortilla wedges w/ cream cheese & cucumber, grapes</p>
<p>Waffles (crispy rice), grape juice, milk</p> <p>Bean and cheese dip w/ tortilla chips (crackers), mango chunks, yellow & green squash, milk</p> <p>Vanilla wafers, fruit cup</p>	<p>Pancakes (toasted oats), Mandarin oranges, milk</p> <p>Salmon salad with wheat crackers, tomato soup, green beans, milk</p> <p>String cheese, apples (oranges)</p>	<p>Lemon poppy seed bread, plum halves, milk</p> <p>Meatloaf, ww rolls, rutabagas, carrot sticks & snap peas (carrots), milk</p> <p>Home made granola bars, kiwis</p>	<p>Corn chex, bananas, milk</p> <p>Teriyaki chicken, brown rice, vegetable stir-fry, pineapple chunks, milk</p> <p>Carrot bread, apple juice</p>	<p>Special K, diced peaches, milk</p> <p>Barbecue beans, cheese cubes, cornbread, baked sweet potatoes, sliced pears, milk</p> <p>Egg salad, wheat thins (crackers), melon wedges</p>
<p>Cornflakes, oranges, milk</p> <p>Fish filet sandwiches, slaw (cabbage), baked beans, milk</p> <p>Yogurt w/ granola</p>	<p>Toasted oats, pineapple tidbits, milk</p> <p>Beef-a-roni, broccoli, chunky applesauce, milk</p> <p>Crackers, tuna salad</p>	<p>Banana bread, fruit cup, milk</p> <p>Soft tacos w/ beans & cheese, lettuce & tomato (greens), corn, milk</p> <p>Cheese-its, bananas</p>	<p>French toast (rice chex), diced pears, milk</p> <p>Creole chicken w/ tomatoes, brown rice, tossed salad (carrots), milk</p> <p>Blueberry squares, apples (bananas)</p>	<p>Bagels (muffins), orange juice, milk</p> <p>Whole wheat macaroni and cheese, turnip greens, melon chunks, milk</p> <p>Whole grain snack bread, sliced peaches</p>



Help!

“Fresh fruits and veggies go bad before I can use them!”

Here's what you can do:



Try to buy only the amounts of fresh fruit and vegetables you will use in the next few days. They also come in different forms like frozen, canned or dried, which last longer. There are ways to use fresh items before they spoil.

- ✓ Lightly steam fresh vegetables and let them cool. Place in airtight containers or bags and freeze. Use them later in soups, casseroles, omelets or as quick side dishes.
- ✓ Squeeze the juice of oranges, grapefruit, lemons or limes into a container. Mix with water and pour into ice cube trays. Freeze for tasty ice cubes that add fresh citrus flavor to water or tea.
- ✓ Mash ripe bananas and freeze in 1/4 cup servings. Use for smoothies or homemade banana bread like the recipe below.

Banana Bread

Serves 8-10

½ cup canola oil
2 large eggs, lightly beaten
1 Tbsp water or milk
½ tsp vanilla extract
½ cup sugar
1 cup mashed ripe bananas

2/3 cup all-purpose flour
1 cup whole wheat flour
¼ tsp baking powder
½ tsp baking soda
¼ tsp salt

Preheat oven to 350 degrees Fahrenheit. Lightly grease a large loaf pan. Combine all wet ingredients with sugar in a large bowl using a spatula or wooden spoon. Add bananas and mix well. Mix together dry ingredients in a separate bowl and stir into wet just until combined. Spread in pan and bake 30-45 minutes, or until toothpick inserted in center comes out dry. Cool completely before slicing.