

# FEBRUARY 2012 ~ PRESCHOOL LUNCH MENU



**Harvest of the Month**  
Network for a Healthy California  
**FEBRUARY DRY BEANS**



**Reasons to Eat Dry Beans**

A ½ cup of most dry bean varieties (garbanzo, kidney, lima) provides:  
 ~ An excellent source of fiber and folate.  
 ~ A good source of plant protein.\*  
 ~ A good source of iron, potassium, and phosphorus.

**Champion Sources of Plant Protein:\***

- ~ Dry beans
- ~ Peanut butter
- ~ Peas
- ~ Sunflower seeds
- ~ Soybeans (edamame, tofu)



\*Provide a good or excellent source of protein.

Source: [www.nal.usda.gov/fnic/foodcomp/search](http://www.nal.usda.gov/fnic/foodcomp/search)



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 1 <b>BEAN &amp; CHEESE BURRITO</b> BABY CARROTS PEACHES	 2 <b>CHICKEN FINGERS</b> PARMESAN QUINOA MIXED VEGETABLES FRESH PEAR	3 <b>TURKEY &amp; GRAVY</b> MASHED POTATOES GREEN BEANS & ROLL MANDARIN ORANGE	4 <b>CHICKEN FINGERS</b> PARMESAN QUINOA MIXED VEGETABLES FRESH PEAR	5 <b>TURKEY &amp; GRAVY</b> MASHED POTATOES GREEN BEANS & ROLL MANDARIN ORANGE
6 <b>CHEESE POCKET</b> BROCCOLI APPLE SLICES	7 <b>DINOSAUR PASTA</b> in <b>TOMATO CHEESE SAUCE</b> GREEN BEANS WHOLE WHEAT ROLL BANANA	8 <b>BBQ CHICKEN NUGGETS</b> BBQ RICE & BEANS MIXED VEGETABLES TROPICAL FRUIT MIX	9 <b>TROPICAL BLAST</b> <b>FRENCH TOAST STICKS</b> SCRAMBLED EGGS WITH BACON & CHEESE POTATOES & FRUIT	10 <b>PORK SOFT TACO*</b> (W/W PITA GORDITA & PORK) LETTUCE-TOMATO-CHEESE REFRIED BEANS MANDARIN ORANGE
13 <b>TERIYAKI BEEF DIPPERS</b> MIXED VEGETABLES WHOLE WHEAT ROLL KIWI FRUIT	14 <b>PASTA with MEAT SAUCE</b> GREEN BEANS PEACHES CEREAL BITE	15 <b>OCEAN TREASURES</b> FESTIVE CORN FRUIT COCKTAIL WHOLE WHEAT ROLL	16 <b>SWEET &amp; SOUR CHICKEN</b> BROCCOLI & CARROTS BROWN RICE ORANGE	17 <b><u>PRESIDENT'S HOLIDAY</u></b> 
20 <b><u>PRESIDENT'S HOLIDAY</u></b> 	21 <b>BAJA BURRITO</b> (CHICKEN, RICE & CHEESE) BABY CARROTS APPLE SLICES	22 <b>CHICKEN EGG ROLL</b> BROWN RICE VEGETABLES MANDARIN ORANGE	23 <b>BBQ PORK DIPPERS*</b> BBQ BEANS FRUIT COCKTAIL ALOHA ROLL	24 <b>MACARONI &amp; CHEESE</b> BROCCOLI BANANA WHOLE WHEAT ROLL
27 <b>HAMBURGER</b> LETTUCE & PICKLE POTATO SMILES APPLE SLICES	28 <b>CHEESE QUESADILLAS</b> REFRIED BEANS JICAMA STICKS ROSY PEARS	29 <b>PEPPERONI PIZZA BAGEL*</b> SALAD MANDARIN ORANGE	*** Featured this month are Murcott Mandarins and Kiwi from Wild River Ranch (Marysville area). The Kiwi are certified organic and the Murcott Mandarins (a seedless easy to peel high sugar mandarin) are in transition to being certified organic. <b>ENJOY!</b> 	

All meals include a choice of 1% unflavored milk. \*May contain pork.

**Healthy Serving Ideas**

Add lima or kidney beans to salads. Mix lentils into your favorite casseroles instead of meat. Add navy beans to soups for protein. Sprinkle black beans on top of pizza for added flavor and fiber. Make a tasty dip or hummus using your favorite beans.

**What's in Season?**

Dry beans are in season all year long and can be found in many colors, sizes, and varieties. They can also be found canned and frozen.

Try these other good or excellent sources of plant protein: nuts, peanut butter, peas, sunflower seeds, and soybeans (as edamame or tofu).

**What is Protein?**

- ~ Protein is found in the bones, muscles, hair, skin, and most tissues and organs in our bodies.
- ~ Proteins also form enzymes and hormones that help regulate bodily functions.
- ~ Some proteins form antibodies that keep us healthy by fighting disease and infection. Others build connective tissues that hold our muscles and joints in place.
- ~ Proteins are formed from amino acids, which are like "building blocks."
- ~ Our bodies use 20 different amino acids. Our bodies make 11 of these, and they are called "nonessential." Nine are "essential" amino acids, meaning the body cannot make them and the foods we eat must supply them.

For more information on *Harvest Of The Month* and other interesting *School & Nutrition Information* visit our website at: [WWW.NEVADACOUNTYCNS.COM](http://WWW.NEVADACOUNTYCNS.COM)