

Fresh Ideas for Breakfast

January 3 - 31, 2011

Monday	Tuesday	Wednesday	Thursday	Friday
January				
3 NO SCHOOL	4 NO SCHOOL	5 Pancake Turkey Sausage Fresh Fruit Milk	6 Breakfast Burrito Fresh Fruit Milk	7 Croissant Turkey Sausage Fresh Fruit Milk
10 Graham Crackers Yogurt Fresh Fruit Milk	11 Biscuit Egg Patty Fresh Fruit Milk	12 French Toast Turkey Sausage Fresh Fruit Milk	13 Fruit Muffin Cereal Fresh Fruit Milk	14 NO School
17 NO SCHOOL	18 Granola Bar Yogurt Fresh Fruit Milk	19 Breakfast Burrito Fresh Fruit Milk	20 Croissant Egg Patty Fresh Fruit Milk	21 Pancake on a Stick Fresh Fruit Milk
24 Cereal Granola Bar Fresh Fruit Milk	25 Biscuit Turkey Sausage Fresh Fruit Milk	26 Yogurt Graham Crackers Fresh Fruit Milk	27 French Toast Turkey Sausage Fresh Fruit Milk	28 Bagel Egg Patty Fresh Fruit Milk
31 Yogurt Granola Bar Fresh Fruit Milk				

All Fresh Ideas menus are subject to change due to product shortage or program needs.

FRESH IDEAS HEALTH CORNER

Fruit of the Month...



Grapes

* 50 varieties in black, blue, blue-black, golden, red, green, purple, and white colors

* Grapes are about 80 percent water

* a cup of Concord or Catawba grapes contains only about 60 calories

* Raisins, or dried grapes, contain only about 15 percent water. For this reason, nutrients and calories are more concentrated in raisins-one cup contains 464 calories!

Did You know????

The grape is one of the oldest fruits to be cultivated going back as far as biblical times. Spanish explorers introduced the fruit to America approximately 300 years ago. Some of the most popular ways in which the fruit is used, is eaten fresh, in preserves or canned in jellies, dried into raisins, and crushed for juice or wine. Although, machines have taken the place of much handwork, table grapes are still harvested by hand in many places.

Grape Salad with Walnuts and Blue Cheese

- * 2 lbs grapes, mixture of red and green seedless
- * 4 ounces walnuts, lightly toasted
- * 4 ounces blue cheese
- * 1 tablespoon honey
- * 2 tablespoons white wine vinegar
- * 2 tablespoons olive oil
- * 1 pinch salt

1. Wash, drain and remove from stems the red and green grapes.
2. Break walnuts into pieces, add to grapes
3. Crumble bleu cheese, add half of bleu cheese crumbles to grape, walnut mixture.
4. Use fork to mix honey, salt and vinegar into remaining bleu cheese, crushing bleu cheese with fork.
5. Wisk in olive oil and pour over grape mixture, stirring to coat.
6. Store in refrigerator.



Ask the Dietitian....

Be sure to email your questions or concerns to:
askthedietitian@freshideasllc.com



Fresh Ideas for Lunch

January 3 - 31, 2011

Monday	Tuesday	Wednesday	Thursday	Friday
3 NO SCHOOL	4 NO SCHOOL	5 Crispito Green Beans Fresh Fruit Milk	6 Meatball Sandwich Corn Fresh Fruit Milk	7 Nachos Fresh Carrots Fresh Fruit Milk
10 Mini Corn Dogs Broccoli Cheese Rice Fresh Fruit Milk	11 Taco Salad Fresh Fruit Milk	12 Turkey Sandwich Fresh Carrots Fresh Fruit Milk	13 Turkey Dog Corn Fresh Fruit Milk	14 NO SCHOOL
17 NO SCHOOL	18 Sloppy Joe Corn Fresh Fruit Milk	20 Chili Dog Rice Veggie Mix Fresh Fruit Milk	21 Cheese Burger Salad Fresh Fruit Milk	22 Chicken Patty Corn Fresh Fruit Milk
24 Baked Chicken Mashed Potatoes Fresh Fruit Milk	25 Chicken Broccoli Alfredo Fresh Fruit Milk	26 Turkey Sandwich Fresh Carrots Fresh Fruit Milk	27 Soft Taco Fresh Fruit Milk	28 Spaghetti Salad Fresh Fruit Milk
31 Enchilada Rice and Beans Salad Fresh Fruit Milk				

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Happy New Year!!!



Email: dawn_tibbetts@yahoo.com

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Breakfast and Lunch menus meet USDA guidelines for calories, fat, saturated fat, protein, calcium, iron, and Vitamins A & C. All menus are prepared by our Corporate Dietitian: Pat Holmes, RD.