

Finley, Pine School FFVP Menu

	Tuesday	Wednesday	Thursday	Friday
#HAPPYNEWYEAR		EAT THE RAIN	BÖW ENGE	Menu Subject to Change Due to Product Availability
1 No Classes	2	3 Apples	4	5 Bananas
8 Oranges	9	10 Celery Sticks with Lite Ranch Dressing	11	12 Mixed Berries
A DREAM	16 Carrotinies with lite Ranch	17 Pears	18	19 Pineapple
22 Pineapple Tidbits	23	24 Sliced Apples	25	26 Fresh Strawberries
29 Watermelon	30	31 Cucumbers with Tajin	1	2 Kiwis



BEETS

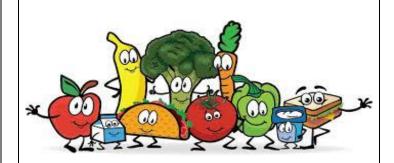
Healthy Serving Ideas:

Wild blueberry and beet smoothie

- 1 cup frozen wild blueberries
- 1 cup unsweetened soy milk or milk of choice
- 1/2 cup frozen or fresh diced beets
- 1/4 cup rolled oats
- 1/4 cup coconut cream
- 2 teaspoons ground cinnamon
- 1 teaspoon grated ginger

Instructions

Blend all the ingredients together on high until smooth and creamy. Transfer to a glass and top with additional wild blueberries if desired. Enjoy!



LSWP is available at: www.holtville.k12.ca

Recommended Links

My foods. My fitness. My health.

SuperTracker:

https://su pertracker.usda.gov

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