

# JANUARY

## Finley, Pine School FFVP Menu

	Tuesday	Wednesday	Thursday	Friday
				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
15 	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

### Harvest of the Month



#### 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](http://www.holtville.k12.ca)

#### Recommended Links

**My foods. My fitness. My health.**

#### SuperTracker:

<https://su.pertracker.usda.gov>

This Institution is an equal opportunity provider

