





Finley, Pine and Middle Schools Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
2 Labor Day No classes 	3 Pancho Villa Salad Salsa Strawberries Frozen Salad Bar	4 Chicken Oven Fried Pasta Salad Sliced Cantaloupe Salad Bar	5 Carne Asada Tacos Pinto Beans Salsa/Guacamole Watermelon Salad Bar	6 Big Daddy's Pizza Cucumbers Berry Cup
9 Chicken Tenders Cajun Potatoes Wedges Sidekick's Mango Strawberry Raisins	10 Crunchy Tacos Lettuce and Cheese Salsa/Salad Orange Slices	11 Ham and Cheese Sandwich Lettuce and Tomatoes Doritos Grapes/ Orange Slices	12 Orange chicken Steamed Rice Steamed Broccoli Watermelon/grapes	13 20 WG Pizza Chili Cucumbers Sliced Peaches
16 Chicken Tamales Refried Beans and Salsa Sweet Corn Mixed Berries	17 Beef and Cheese Tostadas Lettuce and Cheese Fresh Pears	18 Corn Dogs Corn Salad Grapes/ Pears	19 Chicken Alfredo Dinner Roll /Green Beans Watermelon /Grapes	20 WG Pizza Chili Cucumbers Sliced Peaches
23 Chicken Wings with BBQ or Buffalo Sauce celery and Carrots Dinner Roll Watermelon	24 Carne Asada Tacos Cabbage Salad/Salsa and Guacamole Watermelon	25 Cheeseburger Lettuce and Tomatoes French Fries Cantaloupe	26 Nachos Supreme Sour Cream and Guacamole Orange Smiles	27 WG Pizza Cucumbers Frozen Peaches Salad Bar
"This institution is an equal opportunity provider"				Variety of Fruits and Veggies and milk are offered daily

Menu subject to change due to product availability

**Harvest
 of the
 Month™**
 The Harvest of the Month featured fruit is

Kiwis



Just the Facts n Kiwis are one of the most nutrient-dense of all fruits.* n Kiwis grow on vines that can be as high as 30 feet. n Kiwis are actually a berry. n The skin of a kiwi is edible. Try eating it whole like an apple! n Kiwis contain an enzyme that acts as a natural meat tenderizer

<http://harvestofthemonth.cdph.ca.gov>

the
School Day
 just got
Healthier
 United States Department of Agriculture

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

My foods. My fitness. My health.

SuperTracker:

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

www.cachampionsforchange.net

For more Healthy Ideas, visit:

<http://harvestofthemonth.cdph.ca.gov>

