



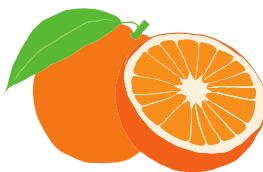
February Citrus Fruits

This month we will learn about citrus fruits. Citrus fruits include oranges, grapefruit, lemons, limes and more. They grow on trees in warm tropical areas. Citrus fruits are high in vitamin C.

Shop Smart

- Look for clear, blemish free rinds.
- Choose citrus that feels heavy. The heavier, the juicer!
- Avoid citrus with soft, tender spots or with wrinkled skin.

Once you get your citrus home, you can store it on the counter or in the fridge. Citrus stored on the counter will keep for about a week. Citrus stored in the refrigerator can last 2 to 3 weeks.



Your child should have a vitamin C food every day, oranges are a great option!

Vitamin C is an essential nutrient for your child's health and development. It helps repair red blood cells and boosts the immune system. Foods high in vitamin C include: oranges, red pepper, kiwi, broccoli, strawberries, mango, tomato, potato + more.

Sunny Chicken Pockets

Source: www.floridacitrus.org

Makes 6 Servings

Ingredients:

- 8 ounces rotisserie chicken, cut into cubes (2 cups)
- 2 oranges, sectioned and chopped
- ½ cup frozen peas, thawed
- 1/3 cup mayonnaise
- 1 tablespoon orange juice
- ½ teaspoon finely grated orange zest
- 3 pocket pitas, cut in half crosswise
- Lettuce (optional)

Directions:

1. In a large bowl, combine chicken, orange sections and peas. In a small bowl combine mayonnaise, orange juice and orange zest. Add to chicken mixture; stir to coat.
2. Gently open the pockets of each pita half. Place chicken mixture evenly into each pocket. Add lettuce, if desired, and serve.



Monthly Nutrition Tip:

Let them learn by serving themselves...

Let your kids serve themselves at dinner. Teach them to take small amounts at first. Assure them they can get more if they're still hungry.

Try these tips to make serving themselves an even better experience.

- Use small bowls so your kids can see the food, and use serving utensils they can hold easily in their little hands.
- Hold the serving bowls for them to make it easier to scoop up the food.
- Be patient! Your kids are learning, so be ready to wipe up a few spills.
- Encourage and praise your children when they serve themselves.

February Menu



Milk served daily at breakfast and lunch.
Whole milk for 12-24 months, low fat milk for 2+.
Water available all day. Menus developed following USDA CACFP.
WG = Whole Grain CN = Child Nutrition Label

"This institution is an Equal Opportunity Provider"

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Citrus Fruits

Citrus fruits are NOT grown in Iowa but they are currently in season. We will be tasting and comparing different citrus fruit this month.

Cutie WG Waffle

WG Turkey & Egg Sandwich CN
Green Beans
Fruit & Yogurt

Apple Milk

Apple WG Waffle

Taco Meat CN
WG Tortilla
Refried Beans
Tropical Fruit

Cook's Choice Snack + Milk

Cutie WG Rice Chex

Chicken Alfredo with WG Noodles
Broccoli
Peaches

Apple WG Grahams

Peaches Oatmeal

WG Chicken Drumstick
Baked Beans
Fruit Cocktail

Pears Milk

Pineapple WG Rice Chex

Tuna Salad in WG Pita Pocket
Sliced Cucumber
Pears

Banana Milk

Peaches WG Cheerios

Barbecued Turkey on WG Bun
Bean Medley
Butternut Squash

Strawberries Yogurt

Pears Oatmeal

Hmong Beef Rice Peas and Carrots
Crushed Pineapple

Mandarin Oranges Milk

Cutie English Muffin

BBQ Ribs
Sweet Potatoes
Collard Greens
Corn Bread

Banana String Cheese

Banana Oatmeal

CN Beef Taco
Refried Beans
Corn

WG Grahams Milk

Banana Oatmeal

WG Pizza Peas
Applesauce

Peaches Milk

Pumpkin Applesauce Oatmeal

Chili Carrot
Banana Crackers

String Cheese Cutie

Banana Yogurt

Italian Chicken on WG Bun
Sweet Potato Fries
Fruit Cocktail

Peaches Cottage Cheese

In honor of Black History we are serving Soul Food. This traditional African American cuisine includes a wide range of items such as: homemade macaroni and cheese, fried chicken, collard greens, candied yams, corn bread, sweet potato pie, sweet tea and more.

Cutie WG Cereal

Personal Pizza (pepperoni CN, cheese, Mozzarella, WG Crust)
Blueberries

Banana Milk

Fruit Cocktail WG Cheerios

WG Spaghetti with Meat Sauce
Tossed Salad
Blueberries

Pears Milk

Banana WG Apple Muffin

Chicken & Edamame Rice
Corn
Apple

Celery Sticks + PB Milk

Apple WG Cheerios

WG Chicken Dumpling CN
Green Beans
Mandarin Oranges

Banana Milk

Cooks Choice Breakfast

Turkey Ham and Cheese WG Wrap
Green Beans
Choice Fruit

Salsa WG Tortilla Chips

No School

Cutie Yogurt

Roast Beef
Mashed Potatoes
Stewed Tomato
WG Bread

Kiwi Milk

Pineapple Turkey Sausage CN

Tuna & WG Noodle
Tossed Salad
Blueberries

Cutie WG Goldfish

BLACK HISTORY MONTH