

# Fresh Ideas for Breakfast

January 2 - 31, 2012

Monday	Tuesday	Wednesday	Thursday	Friday
January				
<b>2</b> NO SCHOOL	<b>3</b> Biscuit Egg Patty Fresh Fruit Milk	<b>4</b> Croissant Turkey Sausage Fresh Fruit Milk	<b>5</b> Yogurt Fruit Muffin Fresh Fruit Milk	<b>6</b> Pancake on a Stick Fresh Fruit Milk
<b>9</b> Fruit Muffin String Cheese Fresh Fruit Milk	<b>10</b> French Toast Turkey Sausage Fresh Fruit Milk	<b>11</b> Yogurt Granola Bar Fresh Fruit Milk	<b>12</b> Breakfast Burrito Fresh Fruit Milk	<b>13</b> Breakfast Potatoes w/ Turkey Sausage Fresh Fruit Milk
<b>16</b> NO SCHOOL  Martin Luther King, Jr. Holiday	<b>17</b> Biscuit Egg Patty Fresh Fruit Milk	<b>18</b> Pancakes Fresh Fruit Milk	<b>19</b> Breakfast Rice w/ Turkey Sausage Fresh Fruit Milk	<b>20</b> Croissant String Cheese Fresh Fruit Milk
<b>23</b> Yogurt Fruit Muffin Fresh Fruit Milk	<b>24</b> Egg Patty & Cheese Sandwich Fresh Fruit Milk	<b>25</b> Waffle Turkey Sausage Fresh Fruit Milk	<b>26</b> Breakfast Burrito Fresh Fruit Milk	<b>27</b> Biscuit Turkey Sausage Fresh Fruit Milk
<b>30</b> Pancake On A Stick Fresh Fruit Milk	<b>31</b> Croissant Turkey Sausage 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...*



\* 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 2 - 31, 2012

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> NO SCHOOL	<b>3</b> Chicken Nuggets Yams Fresh Fruit Milk	<b>4</b> Beef Taco Salad Fresh Fruit Milk	<b>5</b> BBQ Chicken Corn Fresh Fruit Milk	<b>6</b> Mini Turkey Corn Dogs Broccoli w/ Cheese Fresh Fruit Milk
<b>9</b> Chicken Soft Taco Corn Fresh Fruit Milk	<b>10</b> Beef Sloppy Joe Green Bean Fresh Fruit Milk	<b>11</b> Breakfast For Lunch  Waffle Turkey Sausage Tater Tot Fresh Fruit Milk	<b>12</b> Beef Meatloaf w Gravy Dinner Roll Mashed Potatoes Fresh Fruit Milk	<b>13</b> Tuna Salad w/ Wheat Crackers Baby Carrots Fresh Fruit Milk
<b>16</b> NO SCHOOL  Martin Luther King, Jr. Holiday	<b>17</b> Turkey Hot Dog Baked Beans Fresh Fruit Milk	<b>18</b> Mostaccioli w Beef Dinner Roll Garden Salad Fresh Fruit Milk	<b>19</b> Chicken Parmesan Sandwich Green Bean Fresh Fruit Milk	<b>20</b> Nachos w/ Beef Fire & Ice Salad Fresh Fruit Milk
<b>23</b> Chicken Rings Italian Blend Fresh Fruit Milk	<b>24</b> Beef Meatball Sandwich California Blend Fresh Fruit Milk	<b>25</b> Chicken Crispito Corn Fresh Fruit Milk	<b>26</b> Beef Cheeseburger Mixed Vegetables Fresh Fruit Milk	<b>27</b> Papa John's Pizza Garden Salad Fresh Fruit Milk
<b>30</b> Chicken Sandwich Tater Tots Fresh Fruit Milk	<b>31</b> Spaghetti w/ Beef Dinner Roll Garden Salad Fresh Fruit Milk			

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## Happy New Year!!!



Email: [dtibbetts@freshideasfood.com](mailto:dtibbetts@freshideasfood.com)  
 MONTHLY MENU SITE:  
[www.freshideasllc.com/menus/sllis](http://www.freshideasllc.com/menus/sllis)

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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 approved by our Corporate Dietitian: Pat Holmes, RD.