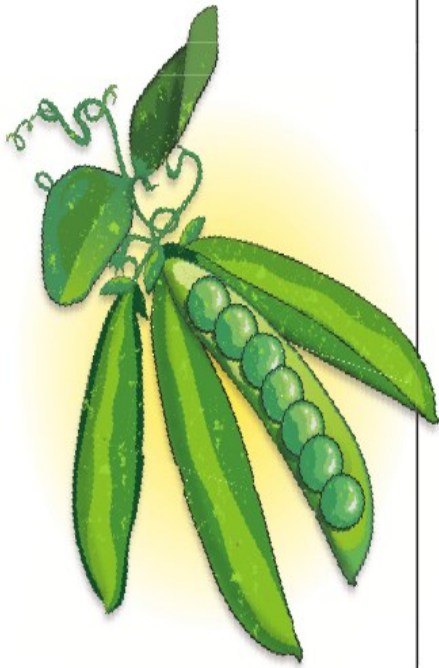


OREGON
PEAS
GROWN FOR SCHOOLS



Their bright green color tells us summer is on the way!

HARVEST BITES



- Circle all meals that include peas. How many did you find?
- Are peas available in your school salad bar?
- How many types of peas can you name?

Possible answers: green peas, snow shell peas, peas, sugar snap peas, English peas,

March 2017

Cascade, Green Acres & Riverview

All meals include a variety of fruits, vegetables and milk.

Mon	Tue	Wed	Thu	Fri
		1 Loaded Baked Potato Hot Dog PBJ Baked Beans	2 Green Eggs & Ham Teriyaki Dippers PBJ 	3 Pizza PBJ Cookie
6 BBQ Chicken Sandwich Cheesy Garlic Bread PBJ	7 Soft Taco Deli Ham Sandwich PBJ Spanish Rice	8 Orange Chicken Popcorn Chicken PBJ	9 Taco Soup Grilled Cheese PBJ	10 Pizza PBJ Pineapple
13 Hamburger Grilled Cheese PBJ Honey Roasted Carrots	14 Pulled Pork Sandwich Homemade Chili PBJ	15 Taco Salad Chicken Noodle Soup PBJ	16 Sweet & Sour Chicken Nuggets Sloppy Joes PBJ	17 Pizza PBJ Frosted Cookie 
20 Ham, Egg & Cheese Muffin Chicken Burger PBJ Mexicali Corn	21 Roasted Chicken Fiesta Pepper Jack Enchiladas PBJ	22 Turkey Gravy & Mashed Potatoes Grilled Ham & Cheese PBJ	23 Cook's Choice PBJ	24 Pizza PBJ Cookie

FIND OUT MORE: Visit Oregon Department of Education Child Nutrition Programs at www.ode.state.or.us/services/nutrition. Look for Oregon Farm To School and School Garden Program under Associated Topics.

Just for Kids

Word Find!

Can you find the ten words hidden below?

Find the fruits and veggies: across, down or diagonal!

G	R	X	C	F	I	G	C
K	M	E	L	O	N	F	A
V	T	A	D	S	R	C	R
P	U	M	P	K	I	N	R
L	R	T	E	P	G	V	O
U	N	M	A	B	L	J	T
M	I	Q	S	L	P	E	W
S	P	O	T	A	T	O	N

CARROT
APPLE
TURNIP

PEAS
CORN

FIG
PLUMS
MELON

PUMPKIN
POTATO

Word Find courtesy of Produce for Better Health Foundation.

RECOMMENDED DAILY AMOUNTS OF FRUITS AND VEGETABLES

	Kids - ages 5-12	Teens & Adults - age 13+
Males	2 ½ – 5 cups per day	4 ½ - 6 ½ cups per day
Females	2 ½ – 5 cups per day	3 ½ – 5 cups per day

If you are active, eat the higher number of cups per day. Visit mypyramid.gov to learn more.

Grown In Oregon

Oregon produces over 31,000 tons of green peas each year - the fourth largest green pea crop in the US. Popular pea varieties like Oregon Trail and Oregon Sugar Pod were developed at Oregon State University.



Healthy, Fit and Ready to Learn

■ Fresh, frozen, dried, or canned Oregon-grown fruits and vegetables are all good for you. ■ Using all forms of produce allows your children to enjoy their favorite fruits and vegetables year round.

