

Heart Centered Montessori Fresh n' Local Lunch Menu



January 2015

CD=Contains Dairy GF=Gluten Free NV=Non Vegetarian

All meals are served with fresh, organic fruits and vegetables.

All meals are served with a variety of milk.

Feature of the Month:

Spielman Wholesale Bagels

Spielman Wholesale Bagels was started from a tiny kettle in the back of owner Rick Spielman's Coffee Roasters (retail store). They are "Portland Style" kettle boiled bagels made with sourdough starter, milk and honey. This makes a crusty bagel with a wonderfully chewy center and a slight tang. They now produce over 5000 bagels per week in their wholesale bakeshop and deliver daily.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 No School	2 No School
5 <u>Lunch (CD):</u> Mac & Cheese with fresh fruit & vegetable <u>PM Snack:</u> Maple & Oat Bar & Fresh Fruit	6 <u>Lunch (GF,CD):</u> Enchilada Bake with fresh fruit & vegetable <u>PM Snack:</u> Banana Muffin & Applesauce	7 <u>Lunch (CD):</u> Traditional Pizza Bagel with fresh fruit & vegetable <u>PM Snack:</u> Tortilla Chips & Salsa	8 <u>Lunch:</u> Egg Fried Rice with fresh fruit & vegetable <u>PM Snack:</u> Pita Bread & Hummus	9 <u>Lunch (NV,GF):</u> Soft Chicken Tacos with whole wheat tortillas, fresh fruit & vegetable <u>PM Snack:</u> Yogurt & Fresh Fruit
12 <u>Lunch (GF):</u> Bean & Rice Burrito with whole wheat tortilla, fresh fruit & vegetable <u>PM Snack:</u> Savory Snack Mix & String Cheese	13 <u>Lunch (NV):</u> Italian Spaghetti & Turkey Sausage with fresh fruit & vegetable <u>PM Snack: Whole Wheat Bagel, Cream Cheese & Fresh Fruit</u>	14 <u>Lunch (CD):</u> Roasted Garlic Pizza Bagel with fresh fruit & vegetable <u>PM Snack:</u> Sunflower Seeds & Dried Fruit	15 <u>Lunch:</u> French Toast & Strawberry Fruit Spread with hardboiled egg, roasted potatoes & fresh fruit <u>PM Snack:</u> Pumpkin Cranberry Muffin & Fresh Fruit	16 <u>Lunch (CD):</u> Chili Mac with fresh fruit & vegetable <u>PM Snack:</u> Goldfish Crackers & Fresh Fruit
19 No School	20 <u>Lunch (CD):</u> Breakfast Burrito with whole wheat tortilla, fresh fruit & vegetable <u>PM Snack:</u> Sunflower Butter & Celery	21 <u>Lunch (CD):</u> Traditional Pizza Bagel with fresh fruit & vegetable <u>PM Snack:</u> Granola & Yogurt	22 <u>Lunch (NV,CD):</u> Chicken Pot Pie with fresh fruit & vegetable <u>PM Snack:</u> Graham Crackers & Applesauce	23 <u>Lunch:</u> Sunflower Butter & Jelly Sandwich with fresh fruit & vegetable <u>PM Snack:</u> String Cheese & Pretzel Sticks
26 <u>Lunch (CD):</u> Pasta Alfredo with fresh fruit & vegetable <u>PM Snack:</u> Zac Attack Bar & Applesauce	27 <u>Lunch (CD):</u> Hearty Chili with tortilla chips, fresh fruit & vegetable <u>PM Snack:</u> Whole Wheat Crackers & Cheddar Cheese	28 <u>Lunch (CD):</u> Roasted Garlic Pizza Bagel with fresh fruit & vegetable <u>PM Snack:</u> Yogurt & Fresh Fruit	29 <u>Lunch:</u> Waffle & Peach Fruit Spread with hardboiled egg, roasted potatoes & fresh fruit <u>PM Snack:</u> Hard Boiled Egg & Fresh Fruit	30 <u>Lunch (NV):</u> Chicken Teriyaki Noodle Bowl with fresh fruit & vegetable <u>PM Snack:</u> Baby Carrots & String Cheese

This institution is an equal opportunity employer.

Get Moving During the Winter Months!

Being active and eating healthy food play a big part in getting healthy and staying healthy.

Everyone - not just kids - should be active every day, in as many ways as possible. Not being active can cause an energy imbalance - that's when you take in more energy than you actually use. It can have a big effect on your health and how you feel.

Moderate activities make your heart beat faster and your breathing become quicker.

- Walking fast, bike riding, skateboarding, dancing, and playing on park equipment

Vigorous activity makes you 'huff and puff'.

- Organized sports, running/chasing after friends, swimming laps, and skipping.

Why be active?

- To help your body grow properly, giving you strong bones, muscles, lungs and heart.
- To have good flexibility, balance and coordination, so you can move well.
- To help you stay healthy and not get sick.
- To feel happy and full of energy.
- To help you keep at a healthy weight.
- To help you sleep better.
- To improve your posture.

Kid's Corner: Winter Family Time

During the winter months in Oregon, it gets rainy, cold and even snowy! While outside activities are still a great option, sometimes staying inside is great too. Here are some ideas:

Game night! Pull out Pictionary, Twister or a game of checkers or chess! Even a puzzle is a fun way to exercise your mind and enjoy time with your family!

Make paper snowflakes to decorate windows and your room. Get some sheets of paper or even a paper plate. Fold it in half several times. Cut out different notches and unfold to see your creation! If the white paper is too boring, decorate them any way you want!

Have a dance party! Everyone gets to choose a couple songs they like, crank up the volume, and get moving! Don't be afraid to be goofy and make up your own dance moves!

Kid's Corner: Recipe

Berry Good Smoothies

By: Chef Dave

- ❖ 2 cups fresh or frozen (thawed) blueberries, blackberries, strawberries (or a variety)
- ❖ 1 cup Greek yogurt
- ❖ 2 tablespoons almond butter
- ❖ $\frac{1}{2}$ cup low-fat milk or 100% fruit juice

DIRECTIONS:

1. Place all ingredients in the blender
2. Secure the lid and blend until smooth
3. Serve immediately



Fresh N' Local Foods, Inc.

4070 Fairview Industrial Drive SE, Ste. 110

Salem, Oregon 97302

503-371-1108 (office)

415-358-8681 (fax)

www.fnlfoods.com

Megan Peters

megan@fnlfoods.com

