**Harvest of the Month**

~ Citrus ~

Harrison School District 2
January

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Winter Break</td>
<td>2 Winter Break</td>
<td>3 Winter Break</td>
<td>4 Winter Break</td>
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<tr>
<td>7 No School</td>
<td>8 Waffles Juice Chicken Smackers Potato Emojis Fruit Variety Fresh Veggie Variety Wheat Roll</td>
<td>9 Scramble eggs/Ham Biscuit/Jelly Juice Roasted Chicken Baked Beans Cinnamon Applesauce Fresh Veggie Variety Wheat Roll</td>
<td>10 Sausage Biscuit Fruit Mac &amp; Cheese Steamed Broccoli Fruit Variety Fresh Veggie Variety Wheat Roll</td>
<td>11 Pancake on a Stick Applesauce Chicken Nachos Mexican Corn Fruit Variety Fresh Veggie Variety</td>
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<tr>
<td>14 Muffin Variety Apple Slice Cheese Burger on Bun Wedge Fries Chilled Applesauce Fresh Veggie Variety</td>
<td>15 French Toast Sticks Juice Chicken Fajita Refried Beans Fruit Variety Fresh Veggie Variety</td>
<td>16 Bagel w/ Cream cheese Fruit Waffles w/ Sausage Hash browns Warm Cinnamon Apples Fresh Veggie Variety</td>
<td>17 Egg &amp; Cheese Muffin Juice White Chicken Chili Spinach Salad Fruit Variety Fresh Veggie Variety Warm Tortilla</td>
<td>18 Pancake Mini Apple Slice Pizza Green Beans Apple Slice Fresh Veggie Variety</td>
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<tr>
<td>21 No School</td>
<td>22 Waffles Juice Chicken Nachos Refried Beans Fruit Variety Fresh Veggie Variety</td>
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</tbody>
</table>
| 28 Muffin Variety Apple Slice Fish Sandwich Wedge Fries Blueberries Fresh Veggie Variety | 29 French Toast Sticks Juice Enchiladas Cilantro lime rice Black Beans Fruit Variety Fresh Veggie Variety | 30 Bagel w/ Cream cheese Fruit Pizza Garden Salad Fresh Veggie Variety Fruit Variety | 31 Egg & Cheese Muffin Juice Grilled Cheese Sandwich Steamed Broccoli Fresh Veggie Variety Orange Smiles | **January 2019**

Harrison School District 2
January
**Menu Subject to Change**

1% and Fat Free Milk is offered at all meals. Elementary Breakfast (excludes Breakfast in the classroom schools)

**Choices:**
- Menuded Breakfast
- Cereal offered daily

Elementary Lunch
**Choices:**
- Menuded Lunch
- Pizza (Monday)
- Ham Sandwich (Tuesday & Friday)
- Turkey Sandwich (Wednesday)
- Sunbutter Sandwich (Thursday)
- Power Pack (Yogurt, Sunflower Seeds, and Dinner Roll) (Daily)

Secondary Breakfast
**Choices:**
- Menuded Breakfast
- Cereal offered daily
- Oatmeal Breakfast Round offered Daily

Secondary Lunch
**Choices:**
- Menuded Lunch
- Pizza (Monday)
- Cheeseburger (Tuesday)
- Buffalo Chicken Wraps (Wednesday)
- Italian Dunker (Thursday)
- BBQ Chicken Sandwich (Friday)
- Salad Bar at select schools

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**Colorado Harvest of the month for January… Citrus**

Did you know, that on his second trip to the New World, in 1493, Christopher Columbus brought along citrus seeds and seedlings from the Caribbean. However, history books show that citrus fruits date back hundreds of thousands of years ago to ancient Asia. Now, citrus is the most widely produced crop in the world, with oranges, grapefruits, lemons and limes grown in many different areas around the globe.

Citrus fruits may be best known for their Vitamin C levels. In the days of ships and long sea voyages, sailors were known to become Vitamin C deficient and developed a disease called scurvy. James Lind, a surgeon in the Navy at the time noticed that sailors were becoming very sick and lacked certain foods on long sea trips. Lind discovered that when sailors ate lemons and limes, they were cured of the symptoms of scurvy and became healthy again. From that time one, sailors always carried citrus fruits on their trips.

Citrus fruits also contain vitamins D, B6, calcium, niacin, phosphorus, and potassium. These vitamins and minerals can help in preventing heart disease, lowering cholesterol, and increasing serotonin levels, which make us happier and give us energy.

To select citrus fruit, check for fruit that doesn’t have blemishes, scars or moldy areas on the outside skin. The fruit should be firm and feel heavy for its size. Ripe citrus fruits will also have a clean, sweet scent. Color is not always an indication of ripeness because fruits held at different temperatures have a tendency to color differently. Store the fruit in a refrigerator’s crisper drawer for best results.


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**Kid Friendly Recipe for January…**

**Orange Citrus Fruit Salad** - Serves 4

- 1 orange
- 1 lemon
- ¼ c. red grapes cut in half
- ¾ c. pineapple medium dice
- 1 kiwi diced
- 1 tbsp. honey
- 1 tsp. rice wine vinegar
- A pinch of cinnamon
- Salt to taste

Directions:
Zest the orange and lemon and cut both into supreme segments. Mix all ingredients together and let refrigerate 1 hour or longer for flavors to blend. Serve with low sugar yogurt or granola. Add toasted almonds and/or ground flax seeds to get an extra boost of nutrition.

Adapted from: www.paramountcitrus.com

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**Physical Activity Topic for January…**

**Table Tennis**

Table tennis, or Ping Pong, is one of the most popular competitive sports in the world. In fact, table tennis is played at the summer Olympic games every 4 years. The sport is most popular in Asia and Europe. The competitive version is a very fast-paced sport and can really get your heart pumping. It is also a great way to develop superior hand-eye coordination and a perfect sport to play when it is too cold to go outdoors.

The equipment needed for table tennis is pretty simple.
- First, you’ll need a table. Regulation tables are rectangular, usually green with white lines. There is a 6-inch net placed in the center of the table to designate sides.
- Next you need paddles, or racquets. These rounded paddles are typically made of wood and each side is covered with a thin layer of rubber, usually colored blue or red.
- Lastly you’ll want some balls. Table tennis balls are plastic and hollow inside. This makes it easier for the balls to bounce on the table.

To play, stand behind one of the short sides of the long table, your opponent will stand behind the other side. Hold the paddle in your dominant hand, much like you would hold a tennis racquet, curling your fingers and thumb around the handle.

To serve the ball, drop it on the table, on your side, and let it bounce once before hitting it over the net and onto your opponent’s side. Your opponent will let it bounce on their side and hit it over the net back to you. This back and forth continues until someone misses the ball, the ball bounces on their side more than once, or the ball is hit to hard and doesn’t hit the opponent’s side of the table. If this happens, a point is scored.

Source: www.cdc.gov/bam

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