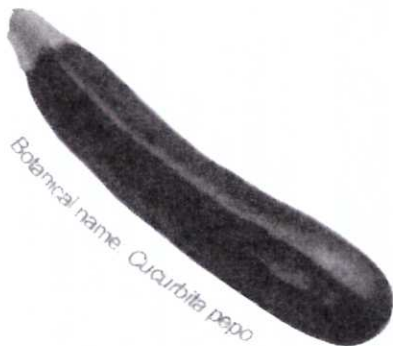


Harvest of the Month

Network for a Healthy California



Botanical name: Cucurbita pepo

ZUCCHINI

Circle all green
vegetables on the menu.

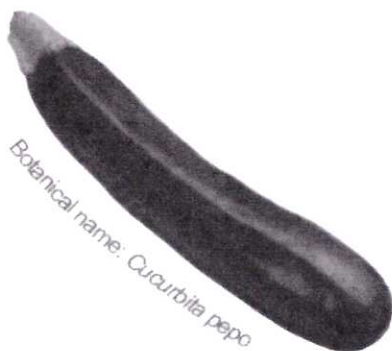
- How many did you circle?
- How many meals include zucchini?
- Draw a star next to your favorite green vegetables.
- Draw two stars next to your favorite meal.

September 2022

	Monday	Tuesday	Wednesday	Thursday	Friday
				1 Breakfast Pita Apricots Mixed Fruit Milk	2 W/G Bagels W/Toppings Orangee Fruit Juice Milk
	5 	6 Cereal Yogurt Cup Apricots Fruit Juice Milk	7 Breakfast Pizza Apple Fruit Juice Milk	8 Egg Taco w/Salsa Grapes Fruit Juice Milk	9 Whole Grain Muffin Fruit Fruit Juice Milk
	12 Cereal Sausage Mixed Fruit Fruit Juice Milk	13 Biscuit & Gravy Oranges Extra Fruit Milk	14 Breakfast Bar Mixed Fruit Fruit Juice Milk	15 Breakfast Sandwich Banana Fruit Juice Milk	16 Pancake on a Stick Apple Fruit Juice Milk
	19 French Toast Sticks Pears Extra Fruit Milk	20 Breakfast Rollups Orange Fruit Juice Milk	21 W/G Bagels W/Toppings Orangee Fruit Juice Milk	22 Blueberry Bubble Bread Peaches Fruit Juice Milk	23 Breakfast Pizza Apple Fruit Juice Milk
	26 Cereal Yogurt Cup Apricots Fruit Juice Milk	27 Pancake on a Stick Apple Fruit Juice Milk	28 Biscuit & Gravy Oranges Extra Fruit Milk	29 Breakfast Sandwich Strawberries & Bananas Fruit Juice Milk	30 Whole Grain Muffin Fruit Fruit Juice Milk

Harvest of the Month

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ZUCCHINI

Circle all green vegetables on the menu.

- How many did you circle?
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September

	Monday	Tuesday	Wednesday	Thursday	Friday
		Milk Choice Non Fat Flavored or 1% Milk		Baked ham Mashed Potatoes Green Beans Biscuit Apricots Milk	Macaroni & Cheese Meatballs Seasoned Peas Carrots Peaches Milk
	5	6	7	8	9
		Hot Ham & Cheese Potato Wedges Broccoli Grapes Milk Choice	Pizza Tossed Salad Bread stick w marinara Banana Milk	Italian Pasta Bake Peas & Carrots Applesauce Brownie Milk	Chicken Pattie Mashed Potatoes Green Beans Apple Milk
	12	13	14	15	16
	Burritos Lettuce/Tomato Mexican Corn Fruit Milk	Stromboli Garden Salad Carrots Fruit Milk	BBQ pork on a Bun Sweet Potato Puffs Baked Beans Orange Smiles Fruit Choice Milk Choice	Turkey & Cheese Sub Dark Green Leaf Lettuce & Tomato Oven Fries Fruit Choice Milk Choice	Country Style Beef Pattie Mashed Potatoes & Gravy Steamed Broccoli Fruit Choice Milk Choice
	19	20	21	22	23
	Taco Soup Corn Chips Broccoli Pears Cookie Milk Choice	W/G Corn Dog Spinach Salad Seasoned Peas Apple Milk Choice	Beef & Noodles Mashed potatoes Baby Carrots Blueberry Oat Muffin Pineapple Milk Choice	Chicken Quesadilla Salsa & Chips Refried Beans Oranges Milk Choice	Cowboy Cavatini Tossed Salad Green Beans Fruit Milk
	26	27	28	29	30
	Chicken Tetrzzini Tossed Salad Steamed Carrots Breadstick Fresh Strawberries Fruit Choice Milk Choice	Pork Rib on a Bun Dark Green Leaf Lettuce & Tomato Tri-Tater Green Beans Fruit Choice Milk Choice	Lasagna Garden Spinach Salad Whole Grain French Garlic Bread Apple Wedges Milk Choice	Baked Chicken Savory Rice Fresh Broccoli Oatmeal Roll Sliced Peaches Milk Choice	Sloppy Joe on a Bun Sweet Potato Puffs Baked Beans Fruit Choice Milk Choice

Harvest of the Month

Network for a Healthy California

The *Harvest of the Month* featured vegetable is **zucchini**



Health and Learning Success Go Hand-in-Hand

More studies are showing a connection between physical activity and classroom performance, including better results on state reading and math tests! Even short activity breaks during the day can improve your child's concentration skills and behavior. *Harvest of the Month* focuses on improving students' health and well-being, which can help them achieve more in school.

Produce Tips

- Choose zucchini that have smooth, shiny skin and feel heavy for their size.
- Look for ripe zucchini that are firm and give slightly to gentle pressure.
- Store whole zucchini in a plastic bag in the refrigerator for up to one week.
- Keep sliced zucchini in a sealed bag or container for up to three days.

For more information, visit:
www.fruitsandveggiesmatter.gov
www.cachampionsforchange.net

Healthy Serving Ideas

- Sauté chopped zucchini, yellow squash, onions, and peppers. Add to chicken enchiladas, burritos, or quesadillas.
- Dip raw zucchini slices into lowfat salad dressing for a light summer snack.
- Sauté chopped zucchini with garlic and a dash of oregano. Sprinkle with lowfat cheese and serve as a warm side dish.

HERBED VEGETABLE COMBO

Makes 4 servings. ½ cup each.

Cook time: 10 minutes

Ingredients:

- 2 tablespoons water
- 1 cup thinly sliced zucchini
- 1¼ cups thinly sliced yellow squash
- ½ cup green bell pepper, cut into strips
- ¼ cup celery, cut into 2-inch strips
- ¼ cup chopped onion
- ½ teaspoon caraway seeds
- ⅛ teaspoon garlic powder
- 1 medium tomato, cut into wedges

1. Heat water in medium pan. Add zucchini, squash, bell pepper, celery, and onion.
2. Cover and cook over medium heat until vegetables are crisp-tender (about 4 minutes).
3. Sprinkle vegetables with seasonings. Top with tomatoes.
4. Cover again and cook over low heat until tomatoes are warm (about 2 minutes). Serve warm.

Nutrition information per serving:

Calories 24, Carbohydrate 5 g, Dietary Fiber 2 g, Protein 1 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 11 mg

Adapted from: *Everyday Health Meals*, Network for a Healthy California, 2007.

Let's Get Physical!

- **At home:** Get moving while cleaning! Dance while you sweep, vacuum, fold laundry, and wash dishes.
- **At work:** Speed walk! If you normally walk to a lunch spot in 10 minutes, walk to get there in 7 minutes.
- **At school:** Organize a beautification day at your school or local park. A clean and safe environment is the best place for families to get physical activity.

For more ideas, visit:

www.keepcaliforniabeautiful.com

Nutrition Facts

Serving Size: ½ cup zucchini, sliced (57g)

Calories 9 Calories from Fat 1

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 6mg	0%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	2%
Sugars 1g	
Protein 1g	
Vitamin A 2%	Calcium 1%
Vitamin C 16%	Iron 1%

How Much Do I Need?

- A ½ cup of sliced zucchini is about one cupped handful.
- A ½ cup of sliced zucchini is a good source of vitamin C.
- It also provides a source of manganese. This mineral is involved in the formation of bone and connective tissue. It is important for growing children.

The amount of fruits and vegetables you need depends on your age, gender, and physical activity level. Look at the chart below to find out how much you need.

Recommended Daily Amounts of Fruits and Vegetables*

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
Males	2½ - 5 cups per day	4½ - 6½ cups per day
Females	2½ - 5 cups per day	3½ - 5 cups per day

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

What's in Season?

California grown zucchini are in peak season during summer. They are usually available from May through September. California grown varieties may be fresher and cost less than varieties shipped from other states or countries.

Try these other good sources of vitamin C: grapes, green beans, melons, peppers, swiss chard, and tomatoes.